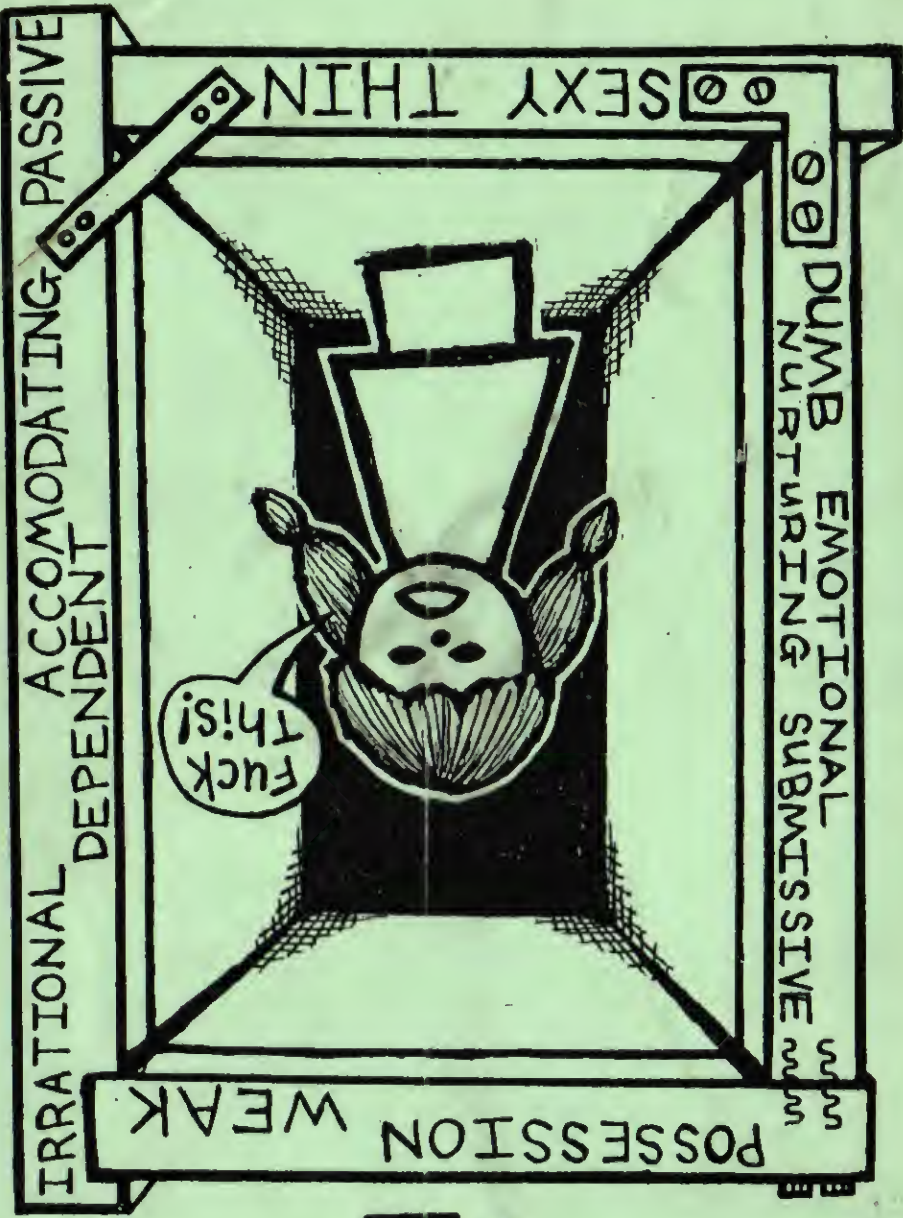
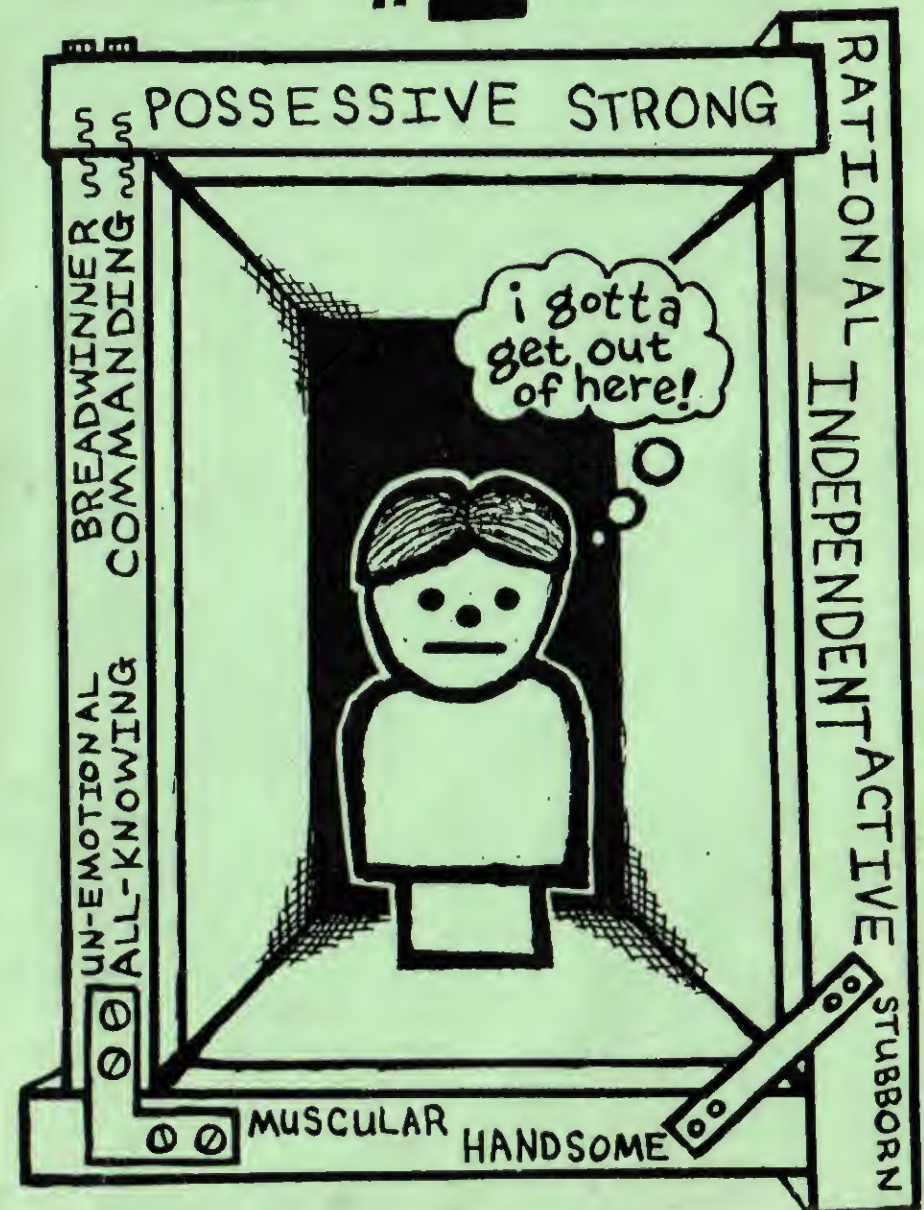


girl ~ boy #2



boy ~ girl #2

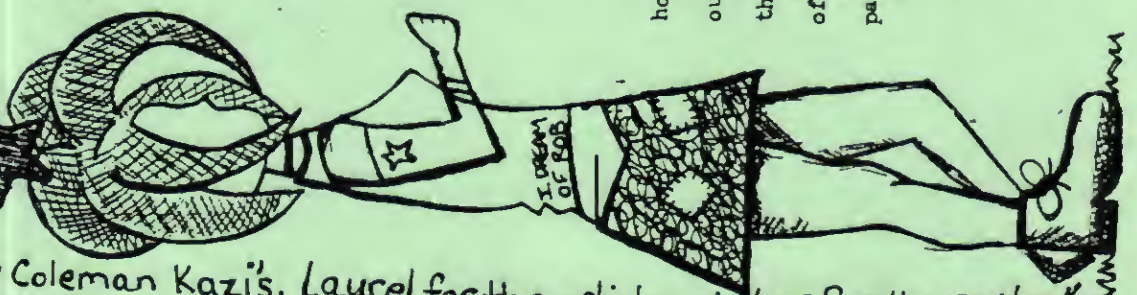




many thanks to: Robbie first & foremost, makeba for rocking (a) casa, Alison cause she knows why, molly & Natalie for being here, A.P. for showing me the way, Mandy for

AMER  
STAR

Gary Coleman Kazi's, Laurel for the article, victor for the sex book, Orange Rhyming Dictionary for being so easy to listen to over & over, all of Cathryn's classes for making me think.



INTRO this zine has been a long time coming, yes in deed a long time. it's been a hecktic year, but if it wasn't, i'd start to be suspicious about whether i was really alive. so here it is, GIRL/BOY two..... this issue ended up being alot less personal than the last and future issues also, i hope, alot of this stuff i wrote in the clink so distance was an important survival technique, but that's why i'm writin' this here intro.

GIRL/BOY/GIRL is not only about exposing, subverting, and uncovering the myth of gender roles, it also looks at how gender and other sources of possible exploitation/resistance shape our lives. once we are able to see the subtle ways it functions in our lives we can choose whether or not we want to change this and how. i don't care how much you are, this shit effects everyone. information and honesty is the key to all this because these are main elements of oppression (although i feel that the hard part of just who we are to not be honest with lately). also, i mean because something is straight forward doesn't mean it's bias free, almost every scientific method). there are biases in everything with having biases so long as we allow them to be biases instead of trying to get rid of them.

well that's about it, i hope you enjoy the show & i hope the next issue is out sooner than this one. one final note: this zine is done to help prevent the homogenization of human's (sexually, gender wise, etc.). it would be painful to see the world containing only these two images.



www

**boy speaks (ENTER)**  
The split concept of Boy-Girl on it's face is sorta misleading into a black & white ideological world, an artificially created dualism, the on/off, good/evil splits into duality don't work in reality on complex human beings in complex human societies that are evolving and changing. Gender splitting into boy/girl implies boxes, words as square boxes to fit people into who are not square or any single shape. So don't let that fool ya, we're not trying to paint a black and white picture. We just like the flip zine style!



We really really really want you to write to us and tell us your thots on any of these issues, or issues that we didn't bring up. We don't want praise or letters that back us up or agree with our opinions, we would love to get a letter that disagrees with what we've written. That sort of thing is absolutely invaluable to all of us learning more. Criticism is great, we can learn a lot from each other that way. Too much of our superficial polite culture hides our true feelings and gives us a false face. Be honest, even offensive, we dare you! Anyone who writes a letter to us will get put on the list to get a FREE copy of girl-boy #3, in which your letter will be printed! (If you wish it to be printed, that is!) Thanks for supporting the counter-culture underground publishing movement!

-robonoxious



Here's our address:

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everywhere I look I see womyn's bodies. clothed, kind of clothed not clothed, womyn appear on billboards, bus stops, they walk next to me, work with me, am me. everyone knows a woman, we all know "women" and most people know what womyn or some womyn look like, but who knows how they/we work? who knows what makes a womyn's body/self sexy for her? who knows anything about them/us?

.....

when I was in the junior high I hung out with a lot of boys. you know, friends hanging out, the same as each other, or so I thought until the boys would yell "muff" look at me and laugh. or they would talk about my guy friend's "ant-eater" (an uncircumcized penis) or popping someone's cherry. it was at this sexual fringing the beginning of the journey of knowledge, that I was already set a few steps behind my male counterpart -parts.

.....

where did these guys get this info from and why wasn't I told the punchline to the joke? I didn't have older siblings to talk to, but my girl friends did, so why was I still left out?

.....

it's no secret that boys are taught to and do talk about sex and sexuality more freely than womyn (this is true in most societies, it's a characteristic of patriarchy, but I feel most comfortable addressing my society so that is what I'm talking about in particular)

ma do you remember your dad?  
do you remember his face and his embrace or did he not touch you? or did he.  
you don't talk about him  
you sometimes talk about your mom  
memories of your brothers and sisters splitting the chores equally  
wringing out clothes with the Mrs. Stewarts bluing in the claw foot tub with your  
brothers and sisters and your mom was gone when you were 11  
family cancer runs deep  
to the depths of death  
pulling mother father  
sister sandy  
gone gayle survivors  
and so have you mom  
you laid in the strange  
bed with tubes up your  
nose Paul laughed rude  
crude as 12 year old boys  
are allowed to and I used  
my big sister authority  
to shut him up rather  
than common sense  
in that situation,  
you, red faced straining  
to shift positions  
my dad stood there  
nonchalant uninterested  
in helping you  
I hate him so much  
for all the words of sarcasm and insult  
he sweetly breathes  
he is looser than you  
in relaxation because  
he is not being gripped  
he controls you  
and laughed at you in  
the hospital bed  
I think I was the only one  
who saw, who heard  
his satisfaction, his  
contented relaxation  
in your pain.  
ma, did your dad ever  
touch you?  
it's been estimated 1/3 females  
by age 18, but did he,  
how did he touch you?  
I have lived with you 18  
years and I don't know  
who you are, what has  
been done to you,  
everything you don't say  
doesn't exist mom.

let me hear you.  
you seem so unreal to me,  
you scream and yell at me and my brothers for not drying dishes the right way your way  
everyday  
what goes on in your  
o so pure mind?  
when you tell me to say  
my prayers, what motivates  
that?  
do you have any idea?  
do you know I am sleeping with  
a grml, that I love her as I have  
never felt before?  
why did you never talk to me  
about pads and tampons,  
why are you ashamed of  
my armpit hair, leg hair  
head of short hair, the  
colors I grow my hair?  
and why don't you care  
that I have cut so deep  
that I still have scars  
from over a year ago  
that you can detect  
from across the room?  
and that I hide in my  
room, knives, razors,  
and porn?  
and do you have no  
idea that I see you?  
day after day I see  
you.  
I hear you scream.  
I see your facial contortions.  
I feel your palm strike.  
I smell your burning candles.  
I taste the tears shed by  
me for the both of us.  
I say goodnight to you  
monday I am  
taking a minute of  
your TV hours  
tuesday 2am  
wednesday 1am  
thursday 12am  
yesterday today  
inside inside this house  
you reside and don't  
talk to anyone but me  
I know what you won't ever  
admit so I think  
that you're dead and  
lonely and losing any contact  
you ever had from the brink  
of exploding or the edge  
of the pool  
of each cut I make

laying down the knife like  
brick after brick  
visualizes  
the reality of pain  
mine and yours  
ours  
you saw it one  
day the end of summer  
and blamed it all on the time  
in my room all  
the time I spend alone  
even on vegetarianism  
feminism antiracism  
my trying to take  
action for my convictions  
when you lock yourself  
to the couch drawing  
the curtains not answering  
the door because you  
sleep till noon  
don't think no one notices  
mom I see you  
I think I understand  
roughly  
this you cannot deny mom  
you are not alone  
I understand why it is  
so hard to watch me  
say no to someone, to you  
it's because you can't  
or don't know how or  
are too scared to yourself  
you are terrified to break  
free of hell's stability  
dad controls you  
he knows you won't leave  
because you've threatened  
decades of change, of  
getting out and taking me  
and paul  
but nothing ever happened  
nothing ever changed  
dad still smacked  
joe and Jared around  
with your various  
methods, explosions galore  
and mom you never followed  
up on your words  
and to this day,  
you and I  
we all will stay behind these  
closed doors

- by Carine

WALK

THE

WALKING

OF SEX TALK ....



## Initiation into the Patriarchy of High School Boys

The patriarchy on the bus was a sub-hierarchy working under the ultimate state authority of the bus driver. Our bus driver was a quiet man, he hardly said a word until it was some kid appeared about to murder another one. Usually during all the ruckus that went on in the back of the bus the driver would do nothing more than throw a hard stare in the rear view mirror.

when I first sat in the back with my friend Bill they were all very hostile, "Who the fuck is that?" Dean would say, "My friend." Bill would say, "You can't sit back here!" Mike was boiling, his dark eyebrows angled down. "Fuck off!" Bill says, and Mike pushes his head, Bill gets up and wrestles with Mike. The bus driver looks in his mirror, "Hey, what the fuck! Get off my brother!" Steve tells Mike, Steve is a muscular drummer, a tough guy equal in the patriarchy to Dean and Mike. "I was just fucking around," Mike says and lets Bill go. Mike turns to me and doinks me on the head just for looking his direction, then he sits back down.

The only girl i remember sitting be

bitch"

An incident occurred with a kid who was sitting right on the axle seat, a wannabe cool kid I suppose. This kid said something rude to me and the whole back of the bus had their attention on us. The situation escalated, if I let it go, I would be ridiculed by the boys for weeks, maybe the rest of the school year, and receive extra doinks on the head every time Dean and Mike got on or off the bus. The kid had to go down. I stepped into the aisle like a gunslinger, the kid was in the aisle, he motioned me to come on and try him out. We grabbed hold, wrestled, then a fury rose in me that should have been directed at the bulbs in the back, but here was this kid and he was going to get it, I wrapped my hands around his throat. His eyes got wide as the air supply to his lungs was cut off and perhaps he saw a blackness approaching... He struggled to escape but I had him. There were shouts of encouragement and appreciation from the back. The kid was really looking scared now and started twitching and pulling frantically at my grip. The blood surged in my ears and it seemed there was nothing in the world but my grip on this creature who had dared confront me, perhaps there was a millions years of human hunter rising up inside me then, taking over, guiding me towards an efficient kill. I felt powerful then, this boy's life was in my hands, he was helpless and I was the master.

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No frustration, the situation was reversed. I should have been strangling Dean or Mike or maybe school teachers or principals or some other authority that oppressed me, but they were all too powerful, impossible to confront. Here was this kid who i could defeat and be congratulated by the boys in the back, i would be cool for defeating him and proving myself a back of the bus tough guy.

From somewhere far away i heard my friend Bill calling my name and something was tugging my arm. This voice brought me slowly back to myself, and I saw the fear in the kids eyes as he asphyxiated in my grip. No longer was there an arrogant kid who was insulting me, but a kid who was being tormented by a bully. I snapped back into myself and let him go. He backed up the isle holding his throat, "Jesus Christ! I was just joking around!"

I returned to my seat on the bus, glancing at the faces in the back. Mike was shouting at the kid gleefully, telling him to fuck off. Mike was backing me up. Dean shook his head slowly up and down, he had a big smile on his face. Steve was laughing. "I thot you were gonna kill him!" They had enjoyed it.

I sat down next to Bill, my heart beating fast and trying to pretend i wasn't shaking. Bill looked at me like i was a stranger.

It had made an impression on them in another way, I could see some fear on their faces too, which translated into respect in later days. It was the talk of the bus for a week, they would nod at me and no more doinks, instead, it was the kid who i strangled that got my doinks. That kid moved further to the front of the bus. The boys in back had accepted me into the bottom level of their patriarchy. I could now represent as being back of the bus crew, with those privileges and responsibilities.

*"I'm Eighteen, and I don't know what I want, took Eighteen years to get this far, don't always know what I'm talking about, feel's like I'm living in the middle of doubt.....I'm eighteen, I get confused everyday. Eighteen, I just don't know what to say, Eighteen, I gotta get away..."*

- Alice Cooper

## INITIATION

Initiation into functional gender roles has been slipping away from many societies for hundreds of years, as those in power need individual laborers and consumers, not functional gender roles. To acknowledge that men and women exist and could live happily among themselves without buying a lot of beauty products and shiny sport cars to impress each other, is not useful to the goals of capitalism. What is desired by the greed system is human robots that take orders, and infantile consumers rushing to purchase products and satisfy their inner emptiness, not men and women who are fully alive and aware of their deep feelings. Instead we are pitted against each other in fear, or urged toward each other, all by the hands of the puppet masters, moving towards their goals.

Many groups of men and women are resurrecting the old rites of passage from tribal cultures that have been exterminated or are presently being wiped out. These old religions and rites might be useful as a guidance towards something new for our changed world, but to live in the past following the traditions of the "noble savage" a creation of the capitalist society that realizes just how boring it has become, is a sad thing to see. Watching rich white people raise Elk horns over their head and drum out Native American ritual chants is really repulsive to me.

It seems to me that we must feel our way towards a new reality, shedding old religions and ideologies that are harmful to us, and move towards a global society that respects all life and does not brutalize the planet we all must live on. At the same time, if a society desires to keep their old ways, they must be respected, as long as their religious ways do not directly oppress other people. There are a lot of question mark areas tho, such as female circumcision. It appears to be absolutely brutal, sometimes even removing the ability of a woman to feel sexually stimulated. But within that culture, for a women not to have this initiation performed on her, she is excluded from that society and has no respect and she may find herself in the unhappy position of being outcast.

so i popped my own cherry while masterbating when i was twelve (this is totally true and entirely possible with the right object), have penial penetration for the first time at fourteen and get off with a girl at 17. prior to my current partner i only had one orgasm with men. i also had a sever shortage of womyn i was interested in since i grew up in a small town with few punks and fewer lesbian punks (also the rigidity of the lesbian community kept me from finding partners or playmates).

.....

despite my sexual explorations, i still knew little about all this stuff, and had to over come that christian morality i was raised with. to do both at once i decided to work in porn. my method has always been, if something scares you familiarize yourself with it so you know why (or why not). so i moved to seattle and became the assistant manager at a porn palace.

## PART TWO ..... PART TWO

interesting stuff went on there. perverts and princesses, drag queen: and dominatrixes, peep shows and electro-shock butt plugs, you name it. i learned alot, good stuff and things that make my skin crawl (mostly about money). the corporate aspect was the hardest for me to deal with, but there are womyn friendly independantly owned porn stores out there.

.....

one of the most rewarding things about working in porn was my ability and availability to other womyn, their questions, concerns, or stories. i ran into about as many womyn who were wholly embracing their sexualities as i did womyn who had never had an orgasm, either with a partner or at all. i am a believer in sex being more than the goal oriented orgasm, but i don't believe that never having an orgasm is in the same definition or space. while working with womyn who knew what they wanted and needed was definatly interesting and exciting, being able to help womyn feel comfortable with their sexuality and a desire to cum was the most rewarding.





# the money Shot, the Pink twat, and the Porn industry.

Video as well as magazine porn has gone through many trends. In the seventies videos with rather extensive plots and characters that acted (or attempted to) were replaced by xx and then xxx films. These films, particularly xxx films, mostly concentrate on hard-core fucking, interesting and talented body positions, genitalia (particularly the pink twat), and facial cum shots (the money shot-every porn has one of these because it is thought to be a main selling point). One reason for such changes are legal changes and restrictions. Because laws are constantly changing many (male) porn producers are less concerned with plot, long term work with actress/actors, and quality of production. The more videos that can be pumped out (excuse the pun) in the shortest amount of time are less likely to be banned. The smaller that the time span is from the beginning (shooting the film) to the end (when it is out on the shelves) of the film, the harder it is for laws to prohibit films in the process of being made or ones that are almost finished. I like some hard core films, while others make me ill. Its nice to run across interesting plot films and even better to find good cinematography that focuses on scenery and fetishes instead of the pink twat and the money shot.

Industrial society leaves the son in the care of the mother for much of his young life as the old man goes out to slave away at the factory. This is how I grew up, my father wasn't there too much, busy with his business, he calls himself a workaholic. Maybe his own way of trying to achieve adult initiation, thru success in business, working himself to death to show the non-existent old men who never initiated him that he was worthy of being a man. If you aren't accepted then you could spend your life trying to gain acceptance, having to prove you deserve to be accepted as a man, endlessly, over and over.

## DO WE NEED TO BE INITIATED?

It has been stated that the uninitiated male attempts to seize power thru force and domination, to validate his existence as an adult. Is this true or does the violence come from other socialization, behaviors that are learned. Do we need to be initiated at all? Maybe in the new world culture initiation won't be necessary, or it would take on a different form than the many different cultural forms it does now.

I know a lot of confused young men in the world, what is the answer? My parents told me when I was out of the home, we're sorry, we made mistakes raising you, we didn't really know what we were doing, that freed me up in some ways, but also sent me spinning like a top to try and find the way to go, what to be, who am I.

For awhile now I've been craving a wise old artist to offer me guidance in life. But elders are rare. Not old people, but people with a deep understanding and feeling, wisdom, people who have the gleam in their eye and even tho they grew up in a world vastly different than the young, they still understand what the kids are going thru. I don't think I even know any such elder. The world has changed so much in the last hundred years, and even now changing so fast, that even I couldn't understand some of what kids are going thru in high school today. How am I to extract guidance from someone who grew up before there were nuclear bombs, before corporations had over taken every aspect of our lives?

Maybe it's up to the kids. Humanity may have reached a point of social evolution and is ready to shed the cocoons of rigid gender roles and social positions. The future is looking more interesting by the minute.

## WE'RE THE KIDS

Everyday I struggle with the lessons learned from the past, such as the episode on the school bus, that tried to pull me into a way of life that I knew was wrong, but that everyone accepted, even all the adults. Plenty of water was thrown on the fire of my idealism, but someone down there a hot coal was never put out. The methods of dealing with people, like the violence on the school bus, I struggle with every day, and that is the sign that my hopes for building a better world will never be extinguished, not in my mind and spirit. I have not accepted the roles offered to me, have not accepted the abusive ways of living that mainstream society accepts as normal. We are living in a time of unprecedented change, change within societies in the last few thousand years has accelerated at an exponential rate. Technology has forever altered the way we relate to each other, and has given too much power into the hands of too few. Young folk look around at the cities surrounding them with dull faces, confusion, apathy. What are they to do in this world that offers them little choice and little place. Old roles are dysfunctional in this world, and new roles are untested and ambiguous. Often it is up to the individual to make the choice, and people aren't designed to be individuals, we are social creatures. Because technology has not been focused on helping out communities but in globalization, people are encouraged to spread out, move around the globe, people do not find themselves among lifelong families and friends, everyone is a stranger and it is difficult to communicate in the middle of all this change. Isolated like this, corporations find it easier to market products to the unhappy populace. Many people live in a sad consumerist alienation, resorting to artificial feelings of community and friendship from purchasing expensive chemicals to convince their bodies that they are happy and among friends.

Some of my friends who reject the limited freedom of the adult world have created a tradition of calling each other "kids". At first I tho, hey wait, I can't be a kid, kids aren't old enuf to buy liquor! But I was shown that the reference in calling someone a kid



CONFIDENCE OF THE BOON  
IS AT ALL TIMES LIMITED  
TO ONE PERSON  
VIOLATORS ARE SUBJECT  
TO CRIMINAL PROSECUTION  
UNDER SEATTLE MUNICIPAL  
CODE CHAPTER 25.05.010



is not to age, but to spirit and ideals. To identify as one of the kids is to be separate from the adults who fasten the chains of mediocrity to their bodies and pull the great beast of our soul-dead government and economy. To be a kid is to reject the idea that spending 50 years in a factory for 10 years of retirement is a good trade. We're The Kids because there is no respectable, loving, sacred adult world to be initiated into. The kids who decide to become initiated into that world end up seeming plastic, subdued, cogs in the machine. They wear lifeless clothes and work lifeless jobs and watch lifeless TV.

So what are we, the kids, striving for in our rejection of this adult world? Some are content to operate as a sub-culture underneath the soul-dead beast, which is better than buying into it. Some operate as a counter culture, trying to move the ideas thru the underground to help overthrow the ideas and concepts that the soul-dead adult Western society lives by, if not the very institutions themselves. It is a monstrous task which has burnt out many idealistic and energetic kids who did not work towards this goal in a sustainable way.

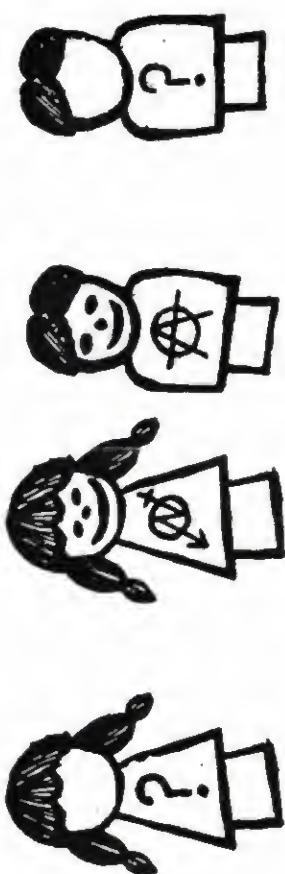
## LOOKING FOR OUR KIND

In my old hometown some friends and I started meeting in these concrete tunnels that ran underneath the city. It was a creek bed that had been made into a concrete tunnel so they could build over the top of it. The tunnels were big, you could drive a truck thru them. We walked into the middle where the darkness was complete and built fires there after midnight, we sat around the fire and talked, drummed with sticks on the concrete floor, sending echoes down the long tunnel. We called it the "Dead Punks Society", sorta from that movie with Robin Williams in it, "The Dead Poet's Society". In that movie the boys of an all male school class are encouraged by their teacher to join together and explore their masculinity, express their feelings in an intimate place, away from the rigid soul-dead structure of the private school.

That's kinda what we did down in those tunnels at first, i remember having some pretty intimate talks down there. When we didn't feel like talking we took sticks and things and drummed on the concrete walls, letting the rhythms do the talking. A few of our close female friends started coming down to hang out, and it was a good place for all of us to talk, in that dark isolation chamber without distractions, the tunnels that echoed our voices so loudly and seemed to give them such importance.

Gradually the outside world of consumerist society crept in, and everyone decided it was a fun place to party, drink lots of hard liquor. Whatever spiritual or healing aspects the tunnel gathering had dropped a few notches down into a kind of carnival, wild drunken abandon and sexual chaos. That was fun too, at times, but the idea of going there to get deeper into ourselves and into each other, just as we were physically as deep in the earth as we could get, was compelling. I think we were looking for something and we didn't know what it was, but it was better than sitting in some lifeless house sucking up the advertisement brainwashing from the TV.

*Please send me the stories of your own initiation, or lack of initiation, official ritual or un-official ritual, and if you feel it had a big effect on your life. I would like to start a dialog about this, and explore the subject more...*



watching/selling porno after porno in the arcade/store at Fantasy (were I used to work). I would go to the Lusty Lady. This was partially out of curiosity of what all those girls did behind the closed bolts and partially out of the need to unwind after a day of working with sex and pervers. I never worked up the courage to go into a "two way" booth so that the dancer could also see me. I perfered the privacy that hid my excited embarrassment. It was in these mirrored "one way" booths at the Lusty that I stumbled upon the myth of the money shot and the pink twat. Both of these lacies are used to "sell porn." Whether or not these two things are erotic to men, I don't know. They were/are erotic to me but I find them limiting on their own. They were all I had been exposed to so I hadn't thought much about other things that turned me on. These two lacies were part of a much larger scene of sexy things that I was determined to discover.

The first time I stepped into that booth, I was mesmerized by the dancers eyes. They were a beautiful brown, a little naughtily, and very strong. Even though she couldn't see me, she looked at the glass throughout the dance. Most likely she was looking at herself in the mirror on the other side, but I didn't care, she was hot and it was my dance, for me, her

dance for her. Instead of staring at or being turned on by her pussy I found myself getting hot over the look in her eyes. The way she moved her body to the cheesy radio music was beautiful. I fantasized about the two of us dancing around naked, being free to move and feel the air on our skin. I wanted to be able to feel the cool air on my butt and breasts. I wasn't interested in the dancer's fingers spreading her labia. I was mesmerized by all of her.

After

From that night

on I was more aware of what kind of marketing ploys were used to lure lonely men or horny men to porn (the money shot and pink twat being on the top of the list). these things may get one off quick and easy, but they are only a small piece of something very magical. When the industry is introduced money becomes the priority instead of the sex and the magic. What will people buy, how much money will they spend to see what they've seen on every other video, this is the concern of the industry. Laws against porn only enhance this need for quick and cheap marketing of sex because they outlaw certain shots, exposure, etc. but in no way help to increase quality, fair pay, or sex education (among other things). Laws help create and perpetuate the environment of get it (porn) out quick and cheap rather than steering the industry in a more positive direction. Exposure to sex, various sexualities, positive and mutual sex exchanges, and comfort with ones own nudity can help overcome monotonous or unfulfilling sex. It can also help to overcome the exploitation of some sex workers and consumers that is caused by capitalising off of it.



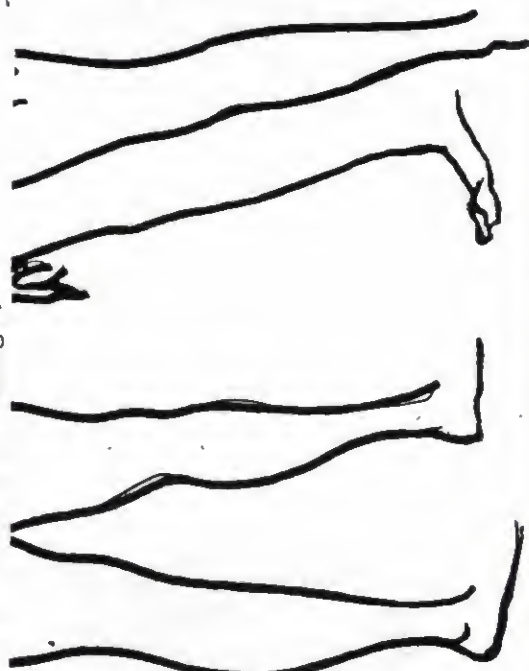


## A line drawing of the male reproductive system. The diagram shows the internal organs: the bladder at the top, the seminal vesicle below it, the prostate gland below the seminal vesicle, and the vas deferens tubes extending from the testes. The testicles are shown in the scrotum at the bottom. Labels with lines pointing to the corresponding parts are: Bladder, Seminal Vesicle, Prostate, Vas Deferens Tubes, Testicles, and Scrotum.

(reprinted from Antipathy #6)

**Slow Down:** Forthemere's fuck so fast and with such little appreciation for the subtle glories of the human body, you'd think they were in a relay race or something. Unless you're in the bathroom at Starbucks or in the middle of the road (really. Reclaiming the Streets!) or anticipating the sound of your mom's car, there isn't much excuse for the fuck fast & run, fuck fast & fall asleep, or fuck fast & pick up your guitar. Are you fucking for pleasure, joy, and a chance at achieving carnal divinity or are you just trying to spread your seed as quickly and injudiciously as possible? Slow down. Make your kisses gentle and send them trickling down your partner's spine or side. Explore the nooks and crannies under arms and behind legs. Refine the art of oral stimulation to a science. Savor the smells and sensations emanating from your partner. Taste them, touch them, feel them. Let no tingle or groan pass unnoticed.

**Flex Your PU-BO:** Remember your ol' Pubococcygeus muscle? The one that surrounds your prostate? The one i affectionately refer to as the sex muscle? The one that decides whether you have five minute jock sex or 12 hour sexcapades where the orgasms are as plentiful as Converse All Stars at your average indie rock show? Well guess what, you can hone it into shape with a couple different exercises. First, the Ginch. Ever been peeing on the wall out behind some yuppie's restaurant when a cop car pulls in and catches you mid-action? As you stopped the flow of urine and put your wang back in your



when you think of sex or fucking what first comes to mind? for many people especially in western cultures fucking is equated with penetration, not only penetration but with penial penetration. why is this? i would like to talk about this and the history of wominn's sexuality within the peramiters of a patriarchial society and what the whole point of it is anyway. oh, i am going to give some fun tips too (for non-phallus/penetration sport or love fucking.)



YOU DON'T NEED A PHALLUS TO FUCK.



trousers you were actually pumping up your pu-bo. Cool, huh? You can practice this regularly by repeatedly stopping your flow of urine. Stop-Go. Stop-Go. And so on. Eventually, after not too many sessions, you will be able to consciously quell ejaculation the same way you stopped your piss stream.

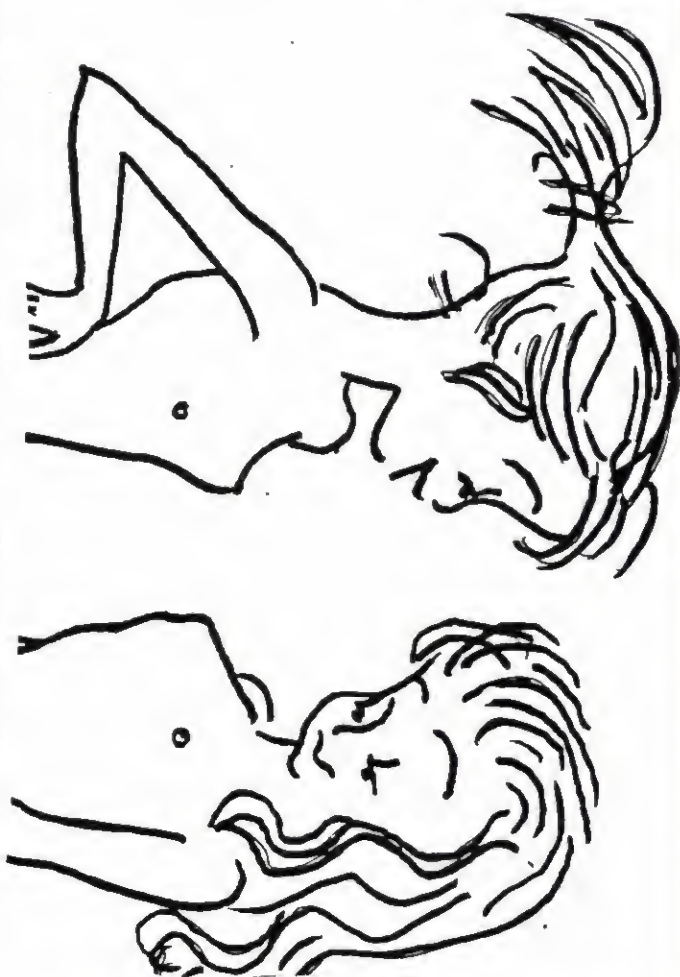
Second is the Noodle Doodle, a muscle exercise i'm currently trying to patent. In the Noodle Doodle you sit doggy style with your erect penis extended below you. Then, squeezing your pu-bo, lift the head of your penis as high as you can. Then, slowly lower it. Then lift. Then lower. I've found this strengthens a different part of the pu-bo than the Glinch and have noticed a definite increase in my ability to STOP ejaculation just by squeezing the part of the muscle affected by this exercise. In the interest of fairness, this exercise is just as effective sitting or standing, but there is something intriguing about being naked on your hands and knees, testicles dangling teasingly with the wind caressing your asshole...

Antipathy is \$2 postage paid, a huge deal for the size and quality of the zine. Mike Antipathy can be reached at: P.O.Box 11703, Eugene, OR 97440. E-mail: antipathy@altavista.com



take turns bringing each other to orgasm.

back in the day and still at present wimmin are not supposed to or even thought to have their own autonomous sexuality (desires, wants, needs, methods, etc.). Historically wimmin have been expected to be submissive and even not interested in their husbands' sexual advances. Good girls anyway. There have always been the troublesome sex workers, lesbians, and working class and wimmin of color who have insatiable sexual appetites (or so the poncy bourgeois white men thought). Decent, 'good' sex was thought to be missionary style with the man on top and the woman, well she was supposed to lay there. Yikes. Wimmin who didn't belong to the upper or ruling classes of the time were still expected to be good by their peers, but were seen as sexual animals as I mentioned above. This of course caused all kinds of nastiness like rape, molestation, etc. For wimmin who loved wimmin it also presented problems, not only were wimmin not to have a sexuality, they were not supposed to focus their attentions on other wimmin. Persecution, punishment, and even death were the punishments for wimmin who were caught loving (or even suspected of it) other wimmin. Social pressures and acceptance was also unavailable to these wimmin.



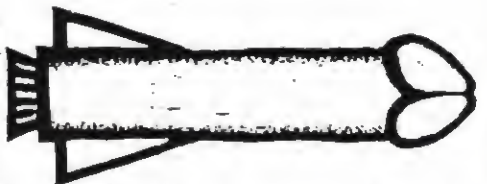
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According to secret National Aeronautic Space Administration files, in 1996 United States astronauts had sex in space. Astronauts were given the task of testing which sexual positions worked best in a weightless environment. Four of the positions (NASA did not specify which) enabled the couple to drift free inside the capsule. Less romantic were another four positions which involved an inflatable tunnel and wall-mounted straps to hold the lovers together.

"The NASA document stated the aim was to establish the most effective ways to have sex in space. They were obviously thinking about couples spending long periods of time in space together," said French scientist Pierre Kohler, who discovered the document. "NASA has refused to identify the participants in the hanky-panky space rides. Everybody concerned was sworn to secrecy. So we are unlikely to hear any first hand accounts for some time.... The 1982 space flight of the Soviet Salut-7 is thought to be the first time a man and woman had sex in space."

## FUN WITH SEX

I think there are a lot of differences among people about what turns them on, but not that much between men and women that separates them, except the physical realities and the way we've been socialized thru life to view our sexuality and what sex is-as something to be taken or gained from the other, or an experience to share and create together.

I consider sex to be a shared arousal and physical touching between two or more people that may or may not end with one or both having an orgasm.

It appears that men enjoy penetration the best, which for some is an indication that men just want to stab and thrust into a partner, as an act of domination over them too. Thinking about it, I have to say that a big reason I think is because of how we are built, it feels good to have the head of the penis surrounded by warm, soft flesh. This is the most stimulating. The shaft of the penis is also sensitive to this, so it feels wonderful to have it's whole length aroused by being surrounded by another's flesh.

Sometimes I will take my hardened dick and rub it against the wet labia of my female sex partner, and without penetrating, just by rubbing on the wet labia and clit, it can bring an orgasm as great as traditional hetero sex. I've had sex with men that did not involve any penetration at all. There's a thousand ways to have sex and be intimate, and just as many reasons that you may want to do that. Getting pregnant is a big one, catching an STI is another, even minor infections like a yeast infection can come putting something inside of you. Many of the things you can do are very fun and exciting. First, you have to have some time and place to get funky, maybe you'll have to find a good part time job or just quit. Now you'll have the time.

## ALCOHOLASEXUAL?

People living in our techno society have so many confusing things swirling around them, so many social stratifications and invisible social landmines so many CHOICES that few are successful in expressing themselves on a sexual level.

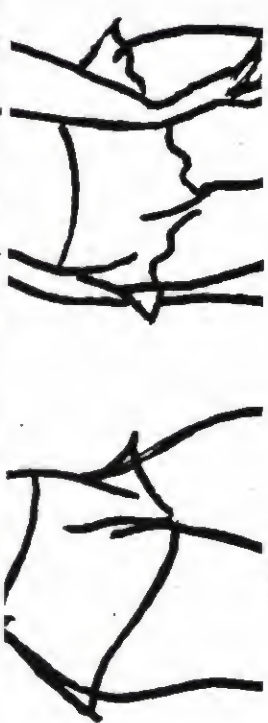
Alcohol clears away these psychic restraints, opening endless possibilities, even if only for a night, a few hours, a few minutes. Alcohol unlocks the chains of emotion for a people who are raised to be more robotic than human. There's a great lot of people out there who are in relationships that started out with alcohol breaking the ice.

People fear what they do not know. Our monoculture keeps us ignorant, makes everything a commodity, even intimacy. You've gotta buy expensive flowers, pay for dinner. If that doesn't work then you've gotta put money in a slot at the porn arcade.

How else to overcome the fear of the unknown, alcohol is easy and cheap. When growing up, most of us were not encouraged to express ourselves in any way, least of all sexually. What do we say when a child has their hand in their pants? "Oh my god, stop that! Not in public!" Keeping sex in a darkened room, even invisible, under the blankets, where hopefully god won't be looking and send you to hell.



the point of all this non-submission and gender roles, class and race annihilation, and dominance of all people. If womankind were allowed to develop, discover of their own sexual interests they were not only at risk of becoming independant in their choice of partner or position, they also were "at risk" of destroying the character of a "pure" society by choosing partners outside of their race, class, or the expected sex. Such non-sense that still exists today in sexist, homophobic, racist claims, and expectations.



so what is the whole point of this article? womankind do have a sexuality (s) and they like to fuck (i) i don't want to talk for all womankind here so this is not meant as a universal statement. not only do they like to fuck, but they don't need a phallus to do it (get off that is one of the strongest assumptions about sexuality that have followed since the victorian times is that sex equals penetration. of course that is not true but every one believes me. or the millions of other not who else decided to give some examples that all partners can use to have fun together.

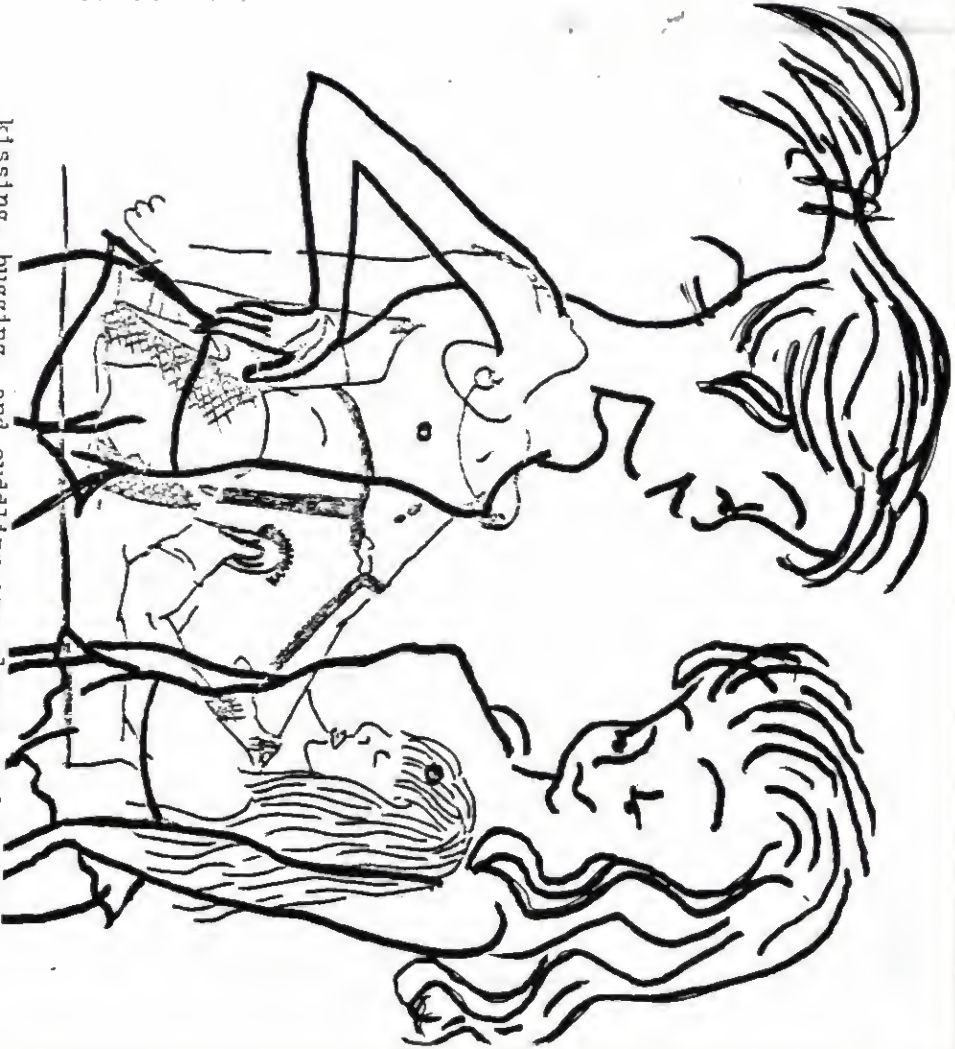


I have trouble expressing anything, it's a pathetic feeling, trying to gather the courage to express my feelings and desires while my partner waits, or remains totally clueless. Having been taught that expression is not alright keeps me in a hole of numbness, walls around a pulsing red sweating chunk of feelings. Although alcohol can melt that wall that holds back the emotion, it can make it gibberish when it comes out...

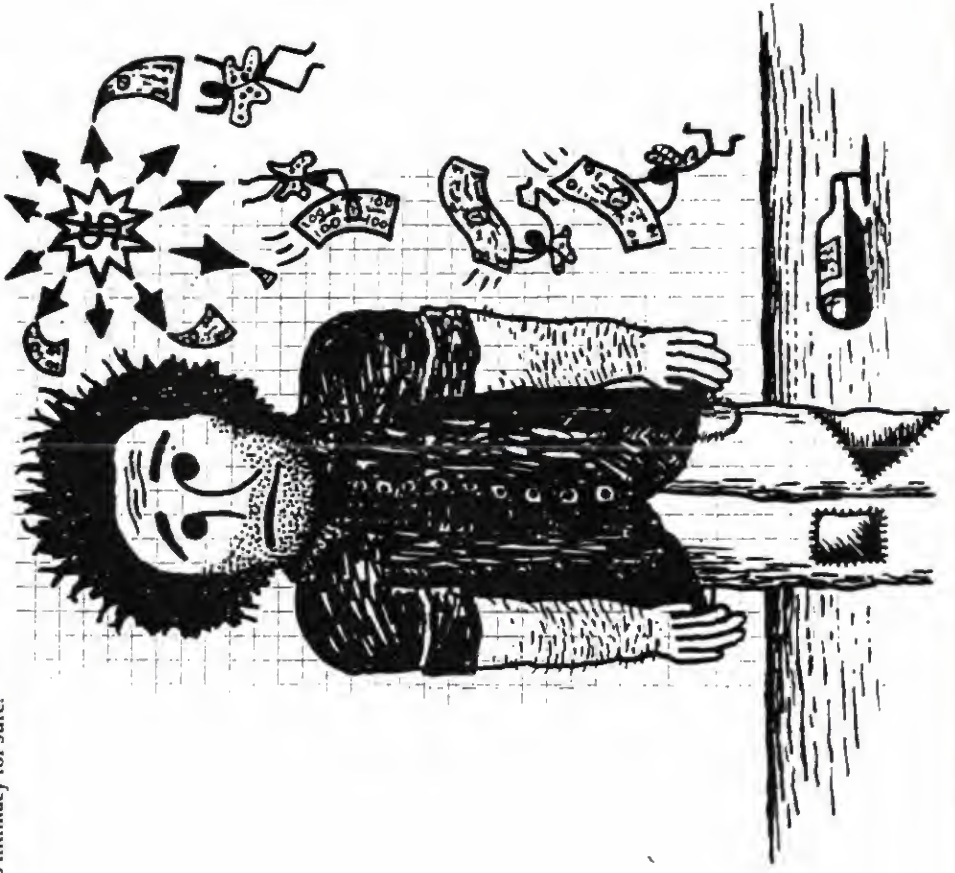
Sex was a thing of shame with my family. I remember my christian science grandmother being pissed off that my dad had playboy magazines in the house, which of course i got my hands on. I wasn't even in puberty yet, i was just interested in all kinds of things in books and magazines, forbidden knowledge for sure, and clearly from the well concealed location of these porn mags, they were full of forbidden adult knowledge.

I wasn't introduced to alcoholsexuality thru my parents tho, it wasn't until i started hanging out with punks and other self appointed rebels that i was shown the method of instant social suavity thru booze. I noticed the alcoholsexuality of punks very early on, people didn't really talk about it at all, or obviously flirt very much while sober. Everyone seemed much more self interested and autonomous. Then come nightfall and some malt liquor, all repression broke loose. People desperately tried to sex on the couch, porch, bathroom, roof, cars, vans, bushes. The next day was spent trying to figure out why at all seemed like such a great idea last night.

The sad thing about the Alcoholsexual is that while drunk, many people fail to have orgasms, or feel much at all, or even remember much of it the next day. A sad path to intimacy for sure.



kissing, hugging, and cuddling are always good starters a little striptease (male,female, non-gender specific alike is always nice, mutual masturbation (more about this in the metasex article) or a masturbation show (s) are fun, third base can take you back to high school, or you can make it relevant to your current time due to all the experience you've aqut. red since the n, oral sex or cunnilingus (he he) have the ability to open up sex conversations about likes, dislikes, technique, etc between your partner and you, those sex conversations in themselves can turn up some steamy material, massages, fondling and lots of rubbing (be creative) give a good sence of connection to any one, spanking, talking dirty, role playing, or acting out sex scene (or any other experience that turns you on) is any interesting way to tap your creative sexual energy, tying someone up or down can be fun (make sure the game is mutual), this list could possibly go on forever, some you may like and others,you may not. it's important to be open and understanding of yourself and y our partner (especially if you don't agree on something) and make sure you are in a mutual stance that is safe and self respecting/fulfilling. have fun, be creative, and remember, YOU DON'T NEED A PHALLUS TO FUCK.







## Responsible Non-Monogamy:

### INTRODUCTION TO POLYAMORY

by Eric Bloomquist  
(edited by robnoxioux)

It is usually assumed that one is single or in some form of monogamous relationship. It is sometimes considered acceptable to "play the field" if one is not in a committed relationship. If one is in a committed relationship it is with one person only, and any sexual or romantic involvement outside the relationship is "cheating". Both of these situations, "playing the field" and "cheating" are still often subject to the double standard of being more acceptable for men than women.

Monogamous relationships can be wonderful. Many people have honest, stable, egalitarian, and very fulfilling monogamous relationships.

But there are many bisexuals, straights, lesbians, gays, and transgendered people who have chosen other types of relationships. These relationships come in many forms but have one thing in common, the people in these relationships have agreed to be non-monogamous - to step outside the standard two-person fidelity.

### Vocabulary of Polyamory

(Precise definitions of these words will vary from person to person and group to group)

Closed - A relationship is closed if there is an agreement among the members to not get sexually and/or romantically involved with anyone outside the relationship. A monogamous relationship is a closed two-person relationship.

Open - A relationship is open if there is an agreement among the members that it is acceptable to get sexually and/or romantically involved outside of the relationship. Specific rules within a relationship about such involvement are usually negotiated to best fit the people in the relationship. See the section on "Agreements".

Group Marriage - A marriage involving more than two people. Not legally recognized in the U.S. or by most major religions in western society. Many people do it anyway.

Partner - Short for "life partner." Gender-free, hetero assumption-free term for someone with whom

one is involved, usually in a primary relationship. Sometimes used in different contexts as a short term for "sexual partner".

Poly - Short for polyamorous, usually used as an adjective. A poly relationship is a non-monogamous relationship. A poly person is someone in, or at least interested in, a poly relationship. See Polyamory.

Polyamory - Literally meaning "many loves." A generic term for non-monogamy.

Polyandry - Having more than one husband.

Polygyny - Having more than one wife.

Polyfidelity - Closed relationship involving more than two people. The members of a group marriage, for example, may limit their sexual/romantic involvement to members of the group.

Primary Relationships - Relationships which are the most important and typically involve a high degree of commitment, such as the relationship with a marriage partner.

Safe Sex - Also known as safer sex. Ways of being sexual while trying to minimize the odds of contracting STI's (sexually transmitted infections) especially ones like AIDS. This is done by minimizing the exchange of bodily fluids (semen, vaginal secretions, and blood), usually by using latex barriers such as condoms and dental dams for intercourse and oral sex, and/or by limiting sexual practices to less risky ones (such as mutual masturbation or outercourse).

Outercourse - Having sex with someone without penetration or exchange of body fluids, a method of safe sex used by Polyamorous people who don't want to risk un-safe sex with a short term partner.

Secondary Relationships - Close, ongoing emotional and/or sexual relationships, but with a lesser degree of commitment than a primary relationship.

Sex Negative - A descriptive word for people who think of sexuality in general, or any sexuality different from their own as dirty or evil.

Sex Positive - A word often used to describe people who are comfortable with their own sexuality and sexuality in general.

Swinging - A sub-culture of people who enjoy being sexual with acquaintances and/or friends. (This word seems to be a point of some contention. Some people associate "swinging" with sexist, indiscriminate, dishonest, and/or risky sexual behavior. Behavior like this may or may not happen, unrelated to what the participants call themselves.)

Tertiary Relationships - Emotional and/or sexual relationships with little or no ongoing involvement.

Triad - A relationship involving three people.

Honesty is as important in a poly relationship as it is in a monogamous one, perhaps more important. The most basic form this takes is honesty about one's relationships. Because of the assumption in this society that relationships are monogamous, if someone is non-monogamous but does not tell his/her partners, that's dishonesty - not responsible non-monogamy or polyamory.

### HONESTY AND COMMUNICATION

Honesty is as important in a poly relationship as it is in a monogamous one, perhaps more important. The most basic form this takes is honesty about one's relationships. Because of the assumption in this society that relationships are monogamous, if someone is non-monogamous but does not tell his/her partners, that's dishonesty - not responsible non-monogamy or polyamory.

Note: This is a paper I wrote for a class I had - feminist philosophy of language didn't have time to change it so here it is -

# Sex is a language

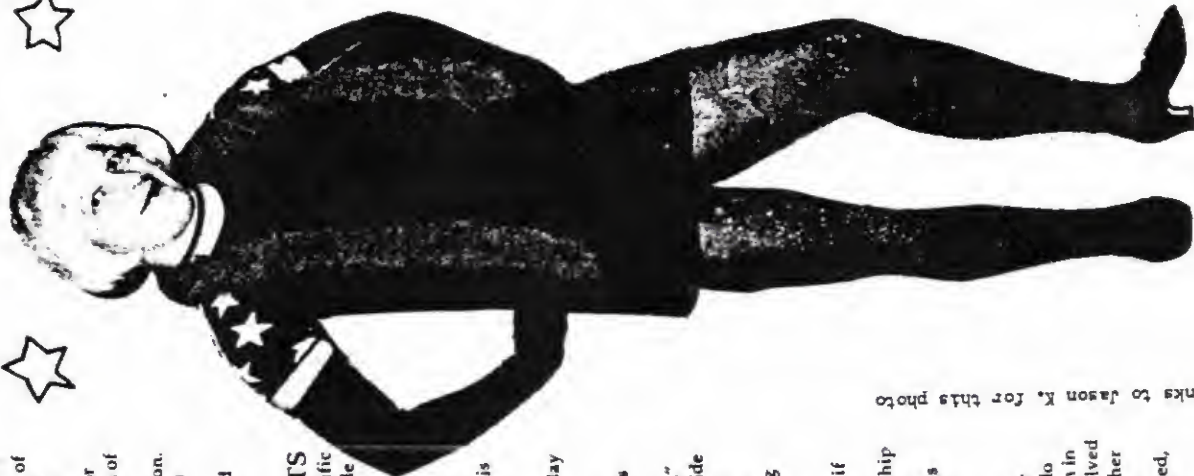
## Posi Five

The social construction of sexuality, sex roles, and gender are central to feminist discourse. Because these ideas are socially fabricated they can be re-fabricated or changed. The language of sexuality gives/creates meaning to/for primal actions within a socialized reality; it allows all aspects of society to be integrated into the desires, expressions, and performances of sex. Within this paper I would like to discuss how sex-positive language can be and is beneficial to womankind. The focus will be on the positive construction of womankind's sexuality (ies), but will include the necessity of sex-positive language for an end of sexual violence toward/against womankind.

The term "sex-positive," coined by Carol Queen, describes any community, person, or system of people who don't denigrate, medicalize, or demonize any form of sexual expression except that which is not consensual" (Nagle, 1997). Although the term "sex-positive" necessarily exists within a dichotomous frame, which is central to oppression, the ideas presented within the meaning do not fall into this dichotomous bind. They instead encompass and embrace all forms of sexuality without criminalizing/stigmatizing or elevating one particular (or a multiple variety of) "normal" form(s) of expression. Working from this perspective one not only opens a platform upon which womankind can discuss their desires and opinions of sexuality, it also creates a space where an open dialogue about all forms of sex expression can be, positively, discussed (rather than stigmatized, etc.).



thanks to Jason K. for this photo



## JEALOUSY

There are few people who don't at times feel the bite of jealousy, it can be a sign that one is either not getting one's needs met or is afraid of not getting one's needs met. This should be discussed with the other person or people in the relationship. Jealousy can also be a sign of possessiveness, it would be helpful to examine one's attitudes about a relationship as ownership of a person. Jealousy is neither proof of love (as some people feel) nor proof of emotional immaturity (as some people feel). Jealousy is best dealt with by recognizing it and discussing it when it happens.

## AGREEMENTS

People in a poly relationship generally make a specific agreement about sexual and romantic behavior outside of the relationship. Working out an agreement is important, and a good idea for people who are considering changing their monogamous relationship into some form of poly relationship. Examples of agreements include, but are not limited to:

- I WILL PLAY SAFE, I WILL COME HOME. This is one of the simplest agreements and one of the strongest. It directly addresses two major worries - abandonment and sexually transmitted diseases ("play safe" means using safer sex)
- TELL ME ABOUT IT. Members must tell each other about any outside involvement. Sometimes this notification must be before, sometimes it's "tell me before if possible, tell me after if that's not possible."
- DON'T TELL ME ABOUT IT. Involvement outside the relationship is accepted, but the partner doesn't want to hear about it.
- THE VETO. Members must get prior and ongoing approval of involvement outside a relationship.
- ONLY TOGETHER. Sexual and/or romantic involvement outside the relationship is acceptable if both/all people in the relationship are involved.
- SEX ONLY. Being sexual outside the relationship is accepted, but getting emotionally involved is not.
- FIDELITY. A faithful (closed) relationship is still poly if there are more than two people in the relationship.

Each of these can be an agreement on its own, or they can be combined in various ways. Agreements do not have to be symmetrical - for example, one person in a relationship could decide not to get sexually involved outside the relationship, but that it's fine if the other member does. The major point here is that for polyamory to work, it should be considered, discussed, mutually agreed upon by everybody involved.

The importance of open discussion about desires and fantasies is essential for wimmin building a sexual understanding of themselves, their sisters, and the world around them. It is also essential in shifting the socially constructed power imbalance between wimmin and men. Systematically wimmin's sexuality has been defined by androcentric language (an internalization because of it) that denies any existence of wimmin's sexuality (Spender, 1980), regardless of her partner's (') sex or gender. The only way in which (good) wimmin were (socially) allowed to experience their sexuality was through the romantic version of the heterosexual relationship (the singular form of relationship is stressed). Sex is socially constructed as something men "do to" wimmin and this is why wimmin have a more restricted sex vocabulary (McCormick, 1996). Wimmin who expressed their sexuality outside of this role were ostracized, institutionalized, and medicated, to name a few. Claiming the right to re-create our sexuality is central to changing the power structures, which benefits from defining and possessing our sexuality. Linguistic invention or reclamation of sex and our right to express it in any consensual or individual way we wish is vital.

Instead of solely viewing sex in the dichotomous relationship of giving and receiving (or forcefully taking), we must first realize that it (or sexuality) is a socially constructed form of expression. Wimmin communicate with or to their partners through sexual encounters/relations. One partner does not own or possess sex to give or take from the other(s), rather it is something which is shared or negotiated. By removing the concept of romantic necessity, wimmin are able to be seen as equal players who have as much right to their own sexuality and to express it with whom ever they chose, in what ever fashion is agreed upon by the participants.

Because wimmin have been denied access to, or have not been able to define their own sexuality, many wimmin feel uncomfortable discussing sexual expression. Wimmin have been made socially frigid instead of being biologically frigid. We have been taught to fear sex and our own bodies, to deny ourselves purely physical, sexual pleasures. The moralistic internalization of normal sex is one of the first molds we have to expose in order to understand why many wimmin do not see sex as their own. Or even if they do, says Queen, "[we] are usually encouraged to find someone else's preferred sexual expression abhorrent" (Nagel, 1997).

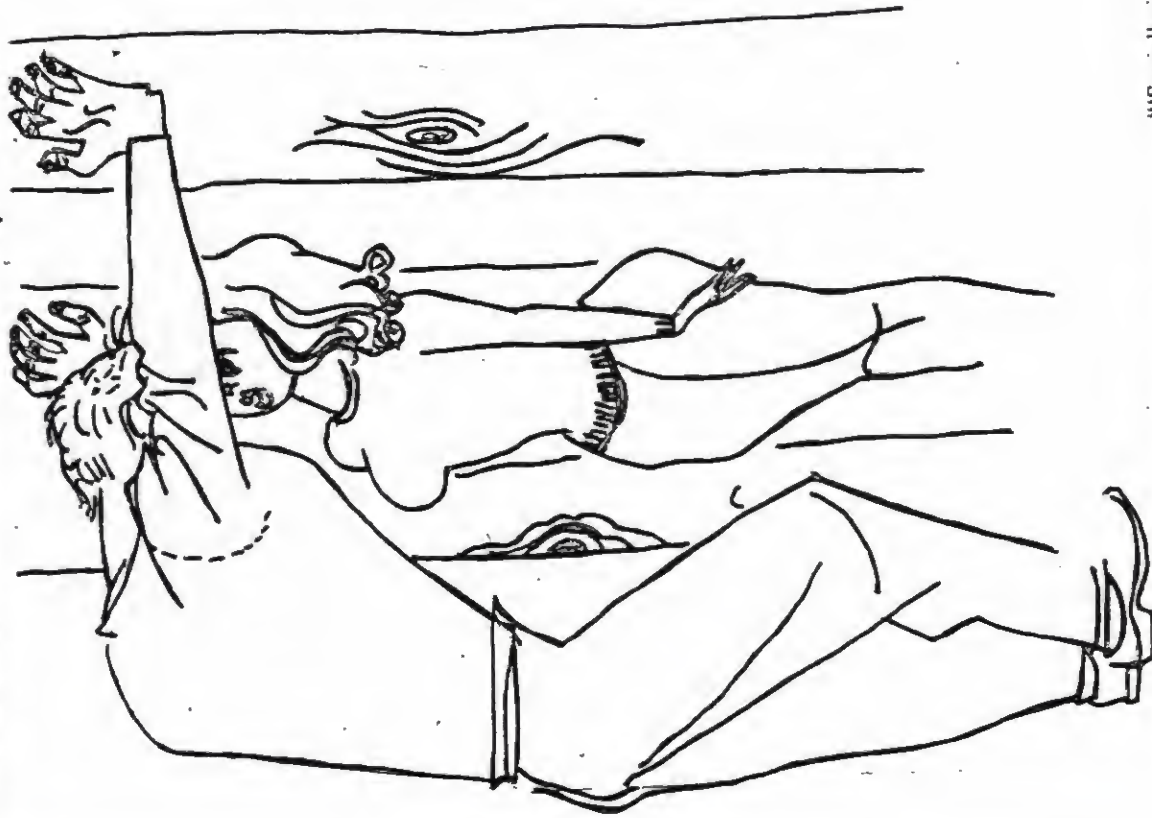


It is very important to keep lines of communication open in poly relationships. Sexuality is a very emotionally charged issue in our society, and even those of us who feel comfortable challenging social

assumptions need to talk things out. Talking things out is more necessary if one doesn't make assumptions, as people who decide not to follow the assumed path often need to make their own path, which takes careful consideration.



The idea of "normal" sex is one that not only perpetuates exploitation and violence, but also denies many wommin their sexual freedom.

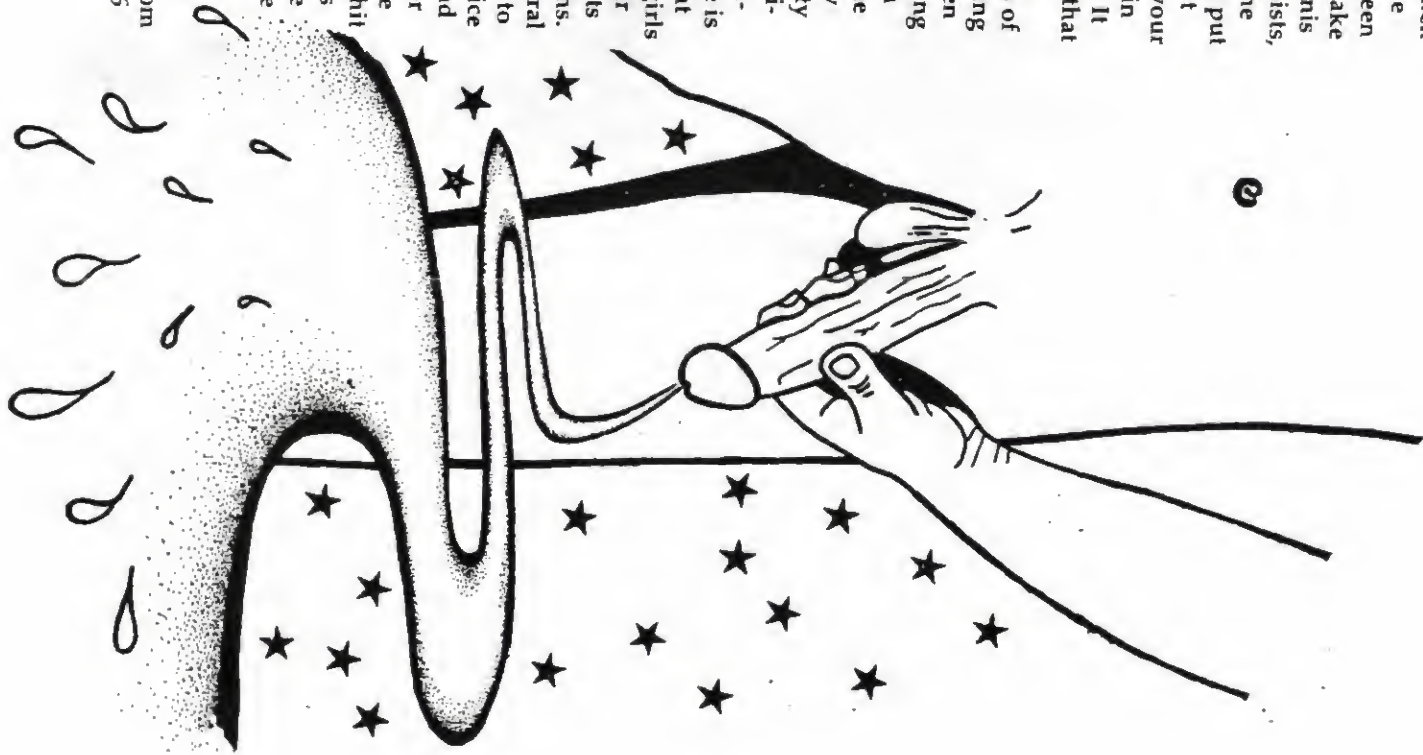


shame'....has functioned to keep 'people submissive to societal authority by weakening in them some inner core of individual authority....' (Dinnerstein, 1976 quoted in Perry, Turner, and Sterk, 1993). The sexual norm that is prevalent in Western society teaches little girls that sex is something smelly which needs to be cleaned up and kept discreet (Wolf, 1997) and something which belongs to men (Cassell, 1984). We are not taught that it is good to intimately know our own bodies, the bodies of other people, or our own desires. Unfortunately other feminist also follow in this manner. Instead of embracing and forming a space and discourse for wommin who express themselves through S/M, or other forms of sexual power play, exhibitionism, or other types of "indecent" or "pornographic" sex expression (I stress the use of the term pornographic here and will

...Socially imposed

"There is no reason for men to hate the tissue between their legs. Take back the penis from the rapists, jocks, & the military and put it where it belongs, in your hand and in your heart. It saddens me that entire generations of men are being brow beaten into despising their own bodies. The politically correct party line of anti-penis, anti-testosterone is no different than young girls hating their small breasts and fat thighs. To hate natural processes is to do a disservice to reality and loss another brick on the wall of bullshit dividing us from nature and our true selves."

- Mike  
Antipathy, from  
Antipathy #6





## OUTER COURSE

sexual excitement  
and pleasure.  
orgasm.

## WHO CAN USE OUTER COURSE

Any woman or man

## HOW IS

## OUTER COURSE USED

There are many  
alternatives for sex play.

Masturbation —

Erotic Massage —

Body Rubbing —

Fantasy,

Role Play, Masks —

Sex Toys —

## ADVANTAGES OF OUTER COURSE

prolong sex play

enhance orgasm.

safer sex

Outercourse is effective  
against HIV and other  
serious sexually  
transmitted infections.

**COST**  
None.

## WAKE UP HAPPY - a sex story

She slipped under the thick, padded blanket and spooned in behind him, pressing into his warm body. He pushed his ass back into her curve, and made a noise like he was saying something in his dream. Her hand slid over his side and onto his chest, he stretched and his body tingled as a wave of energy swept thru. A happy noise escaped his throat. Her breathing began to match his, inhaling while he exhaled, like the parts of an engine connected and running. "You are too warm," she whispered and pulled her arm out from under, put it back around him on the outside of the blanket. Her hand slid down to where his penis was, it was hard and pushing against the blanket. She slowly caressed the head with her finger, making his cock throb with hope, she pinched the head thru the thick blanket and he moaned softly in his half-sleep. She gripped the length of it and squeezed, then let go and moved her hand away. Thru the fog of his sleep he made an urgent noise that asked for more. She put her hand back and circled the head again, slow, then faster. She let go and shifted, he felt her hand sneaking under the blanket, it was now cold from the winter air in the bedroom and gave him goose bumps as she slid it around to his stomach and then down to his warm cock. The cold fingers felt ecstatic to him as she slowly wrapped them around his shaft and squeezed, then rhythmically stroking, he inhaled deeply and let it out, he was awake, forgetting the troubled dreams of his sleep. Another wave of energy tickled thru his muscles and skin, he opened his mouth to gasp, and began moving his hips with her rhythm, the head of his cock rubbing the fabric of the blanket as he thrust out, and buried in her grip as he pulled back. For some time he was content doing this, until he was fully awake and his cock was throbbing. He rolled over so that he could see her eyes. "Do you want to fuck my tits?" she asked him. He smiled and stretched his arms up, got to his knees and arched his back into the stretch, his cock straight out in the cold air. She took off her shirt and bra, he straddled her warm and smooth chest, rubbing his cock in her cleavage. She pulled him up to her mouth so she could suck and get his cock wet, he went back to her tits. She pushed them together and he began moving back and forth. She leaned her head forward and licked the head of his dick when it appeared from between her tits. He groaned everytime this happened. She was rolling her fat and hard nipples together thumb and forefinger as she held her tits together for him to fuck. He was close now, and had to take care not to push down so hard that he hurt her ribs in his ecstasy. She closed her eyes and rolled her nipples and groaned. At last the fire built up and exploded heat from within him, he shouted and trembled, then went limp and collapsed beside her.

By denying any form of sexual expression, a taboo is formed around it. This does not mean that the concept or desire for that expression no longer exists, instead it signals that it is forbidden, naughty, or dangerous. This becomes problematic for two reasons: the first being that people who fantasize about this form of expression are taught they are socially wrong and may internalize such messages, second, this creates a possibility that the person(s) may eventually seek out an avenue in which they can express their fantasy. Repression of sexual fantasies can cause fear of, or anger and violence toward the person(s) fantasized about. This causes a scenario of non-consensual sexual violation. This violation is about repressed feelings of anger and fear which then create a need to have power over or dominate another, replacing the original sexual desire.



Sex-positive language (learned through "thorough and non-judgmental sex-information," suggests Queen) can eliminate the non-consensual violation caused by repression of sexual expression. By giving name to and recognizing sexual desires and fantasies, we validate their existence and create a discourse through which people are able constructively create their own sexuality (ies). The creation of such discourse also opens communication between partners, or potential partners, which can create sexual satisfaction for both partners. Women as well as men are able to negotiate or communicate what they desire while reserving the right to decide whether they want to participate, how, and for what reasons. Within this context, the elimination of androcentric sexuality as the only socially recognized form of sex acts becomes a reality. Instead of validating sex as a goal (orgasm) oriented action which requires penetration (Spender, 1980), we understand sexuality within it's societal framework as an expression of both mind and body. Neither the penetration nor the orgasm is central to sexuality. Communication and satisfaction are among many that are.

By forming a vast pool of meanings through sexual language and expression, women are given a choice how they define their sexuality. Instead of being told they are wrong, dirty, or frigid, they have resources from which to construct a sexual reality that best suits themselves. Sex-positive language would create a safe space in which lesbians, bisexual women, poly-sexual, transgender,

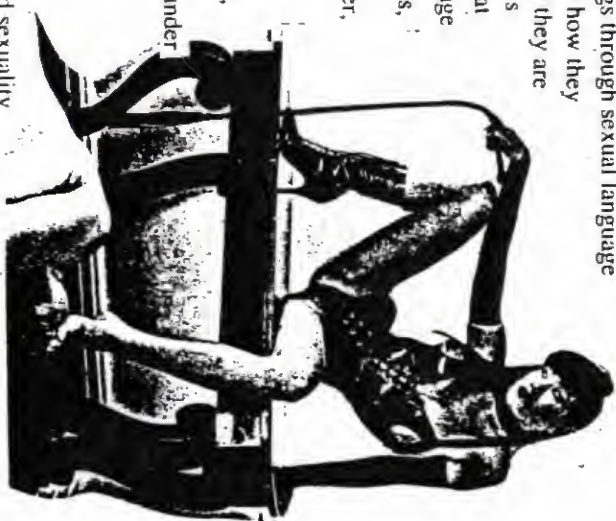
and cross-dressing people, gay men,

heterosexual women, heterosexual men,

and all other people who do not fall into/under

any existing sexual category,

a right to express their (newly) constructed sexuality.





One central question and concern for all womyn is the impact that sex-positive language would have on their sexual safety. If sex-positive language and thought was taught to and embraced by people it would greatly reduce and possibly eliminate sexual violence toward womyn. By forming a discourse around sexual power structures, all people would have an understanding of what exactly sexual power entails and how to safely and mutually express it. As many feminists point out rape and other forms of sexual violation/violence are based on dominance and power issues of the perpetrator rather than sexual issues. These feelings may come from a variety of sources including fear of womyn (I recognize that other people of all genders/sexualities/sexes are also victims of sexual violence, but I will use womyn because they are most targeted and for simplicity), feelings inferiority, jealousy, previous sexual violation (of the perpetrator), and many others. Creating a sex-positive environment could/would replace those feelings with a space to re-create themselves or to heal. Openly talking about sex would help enable sex victims to talk about their experiences more due to less/no social stigma (surrounding sex itself). It would replace feelings of jealousy with motivation to find an eager partner. The shift in the structure of the idea of power would eliminate feelings of inferiority. If this did not happen it would give the potential perpetrator a "positive" or constructive avenue through which the expression of sexual power would be mutual instead of rape.



The creation of safe sexual power play has already started. In certain communities safe words, words not associated with the sexual expression, are used to alert a dominant partner that what they have done is not desired, etc. If sex-positive ideas were valued in both partners neither would do what the other did not want/agree to. This also allows instances of rape to become more pronounced and targeted. Rape is not okay in sex-positive language precisely because it is not a mutual act or expression of sexuality or power. While sex-positive teaching would make all forms of mutual sex expression okay, rape does not fall into that linguistic or ideological category. By targeting specific rape characteristic(s), particularly unmutual sex, it is easier to identify the violation and to act upon it in the most relevant way (specific to each case possibly).



Language is an important beginning for the use and understanding of sex-positive ideas. Language gives a name and meaning to a concept. By naming this concept and submitting it to a language, associations are made with other words creating a solid structure for the word. Linguistic choices come from a pool of options, which exist in groups that share rules and interpretations (Torres in Kramarae and Spender, 1993). This word can then be used in daily dialect creating and spreading its ideas and the ideas associated/supporting it. Although the language in which we function is an androcentric language, I do not think it impossible to add the ideas of sex-positive thought to it. Indeed it had already been done/begun.

## SELF HATE: homophobic socialization

It was pointed out to me that statements I had made revealed some homophobia within me. I hadn't thought about it that way, but I see that it's true, even though if anyone were to ask me I would tell them I identify as bisexual. Though I am attracted to both women and men and my friends and parents know it, there is some homophobia that I feel and have to deal with from having grown up in a homophobic culture. I am now learning to accept my sexual identity as bisexual, and doing that without any help from mainstream homophobic society. The situation mirrors another in my life, being a freedom loving anarchist living in an oppressive authoritarian society. Sometimes the mainstream just gets to me, all the messages telling you to be a good heterosexual, and I wonder if I really am just a freak like they say. I think that anybody who has grown up in our homophobic society must have some amount of self-directed homophobia in them unless they were lucky enough to grow up in a completely isolated utopia of love and acceptance.

I was never told that bisexuality was alright, and there were plenty of my peers who told me it was *not* alright. I don't remember my parents making anti-gay statements, but obviously they made a strong heterosexual statement just by being a man and womyn and being my parents. I had no alternative role models to judge by, so heterosexuality became the absolute norm. The first gay man I ever met was when I was about 12 years old, he was an accountant at my father's business. My parents whispered about his being gay, and then one day he suddenly died of AIDS. That made me sad, he was such a nice guy. So that was my face to face introduction to a gay man, and the warning I heard whispered around the business was that gay people got this disease









makes me sad to think i rejected him out of my internalized homophobia. Gradually over the years i have met more and more gays and lesbians and bisexuals so that now i have a far better understanding and image of who we are. Now i see us as human beings, not artificial stereotypical characters. The homophobic socialization of my youth may be with me the rest of my life, but the longer i work at changing, the less homophobia i feel. I'm deconstructing the characteristics that i don't want anymore.

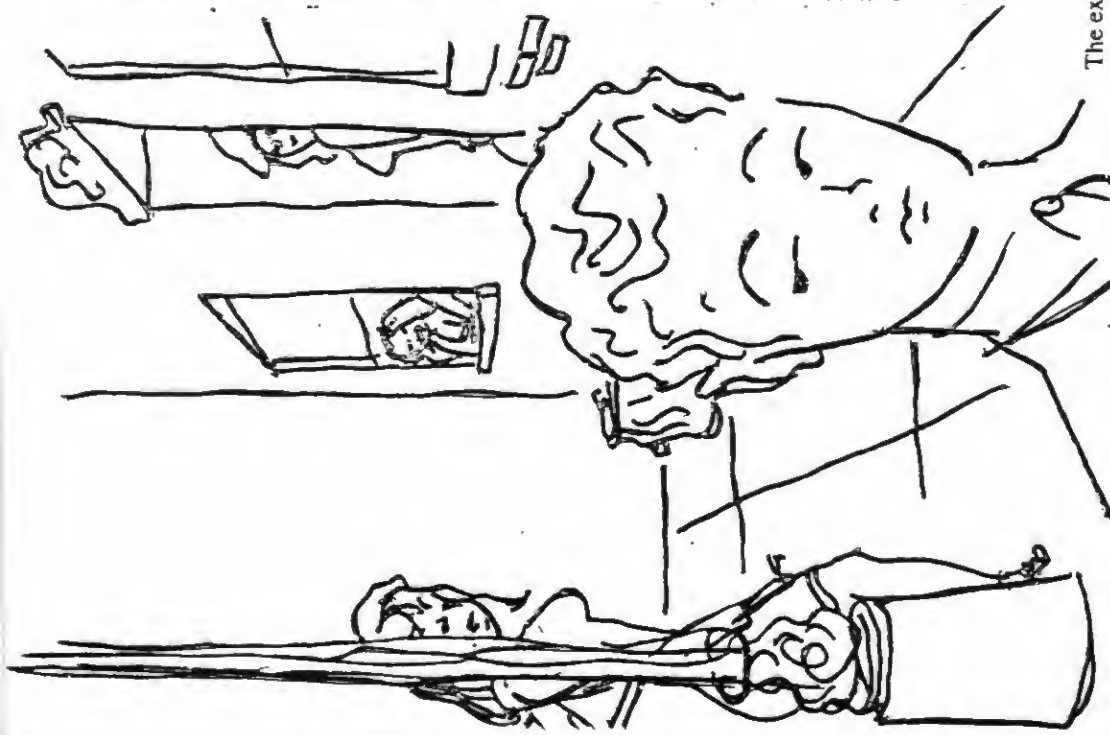
1 have rejected the social inheritance on me that was forced 1 was born since the day 1 was born

1 hope to define my own world of beauty and love and sexuality and hatred, now spit and rise above.

Individual words also play an important role within sex-positive thought. An example is one mentioned earlier about using "safe" words within sexual power play contexts. A whole intricate sexuality(s) can be based upon uses of old words, new words, reclaimed words, and concepts that will be given words. The ability to write and access sexual words that suit each person would also add to the choices and creation of sex-positive thought. Safe and satisfying sexual experiences will also lead to increased self-image/esteem and understanding. The way in which wommin see themselves in the world and conceptualize the contradiction that they live compared to the "image of woman" is a major source of power (Perry, Turner, and Sterk, 1993).

The exploitation of the media and the sex-industry will no longer be possible because the shock of sex will not exist. It will no longer be something that people are unable/embarrassed to talk about, but wholly desire. Instead people will be able to talk about their desires without the mixed messages and the commodification of sex. Carol Queen writes, "Other whores won't necessarily agree with me, but I'd be glad to see sex work wither away because everyone was so sex-positive that a market for our services no longer existed" (Nagel, 1997).

Some wommin want the stars, some the sleaze (Bright, 1998), and it is just as important for wommin to have the choice to define their own sexuality as it is to have a safe space in which to express that sexuality. The concepts that still need words and the language of sex-positive thought are necessary to incorporate into daily dialect. Instead of perpetuating the stereotypes and sex myths about wommin we must create a discourse in which new frontiers of sexuality and gender language can appear. By transcending normative ideas of sexuality we not only help eliminate sexism, but also violence, repression, and unwanted power dynamics. Seeing sex as an expression or communication between mutual participants gives meaning and dignity to any form of





# do GENES DETERMINE IF WE ARE LESBIAN, GAY, BISEXUAL, or STRAIGHT?

by The Council For Responsible Genetics  
This question has been stirring up controversy among lesbians, gays, and bisexuals, and their supporters and friends, as well as among opponents of gay civil rights. In the debate about the origins of sexual orientation, people have presented a variety of arguments for possible causes, ranging from genetic predisposition, to individual choices about lifestyle, to environmental (social) factors. People's views regarding gay civil rights do not necessarily indicate which of these possible causes they believe is the "right" one. The fundamental question remains: why are we having this debate in the first place?

Questions about the biological basis of sexual orientation were first raised about a century ago when the British sexual libertarians, Havelock Ellis and Edward Carpenter, argued that laws against same-sex sexual activities should be dropped because people engaging in such activities were biologically different from those with opposite-sex partners: they called such people "inverts." The use of the word "homosexual" as a noun designating a certain kind of person - instead of an adjective referring to specific activities - dates from that period. The creation of this new, presumably biological, typology did nothing to reduce prejudice and bigotry.

Sexual orientation, like any other human behavior, is experienced in complex and variable ways, which are undoubtedly influenced by both biological and societal factors. By seeking a definitive basis of such behaviour in genetics, we risk oversimplifying our view of behaviors, and ultimately, of our world. As demonstrated by history, basing civil rights claims on biology is a double edged sword.

Some argue that a genetic component to sexual orientation will reduce discrimination. Yet, in our society, people are subjected to discrimination on the basis of differences in biology (sex, skin color) and culture (ethnicity, religion); in different jurisdictions, various degrees of legal protection are provided or lacking against both of these types of discrimination. As demonstrated by the African American and women's movements, focusing on differences in biology can be used to further oppression.

Instead of seeking a biology-based defense against discrimination, it would be more productive to try to understand why some people find it useful to attribute genetic causes to behaviors as varied as criminality, alcoholism, and sexual orientation.

## Why the fixation on genetic components for sexual orientation?

Attributing sexual orientation to genes appeals to some parts of the lesbian, gay, and bisexual community for the following reasons: First, it counters the argument set forth by bigots who assert that lesbian and gay behaviors are "unnatural," or even "crimes against nature." Second, some lesbians and gays feel guilty about their sexual orientation, but if there is a biological foundation to it, they argue, then it is not their "fault." Third, by advancing a biological explanation for their sexual orientation, some gay rights advocates assert that it therefore constitutes an "immutable characteristic," which would afford lesbians, gays, and bisexuals more legal protection against discriminatory practices.

We need to recognize that this focus on what causes individuals to be lesbian, gay, or bisexual arises from homophobia. Theories focusing on the origin of homosexuality, instead of heterosexuality, imply that because the later predominates, it is more natural or normal. Such a homophobic bias perpetuates the assumption that homosexuality represents a problem in need of a solution.

The history of discrimination against other groups, such as people of color or women, makes it clear that biological basis for distinctness has not prevented racism or sexism. Biological arguments have actually been used frequently to bolster discrimination. American slavery was rationalized on biological grounds, as was the genocide against Native Americans and the Nazi extermination of Jews. So was the exclusion of women from all economically lucrative activities, except the sale of sexual favors.

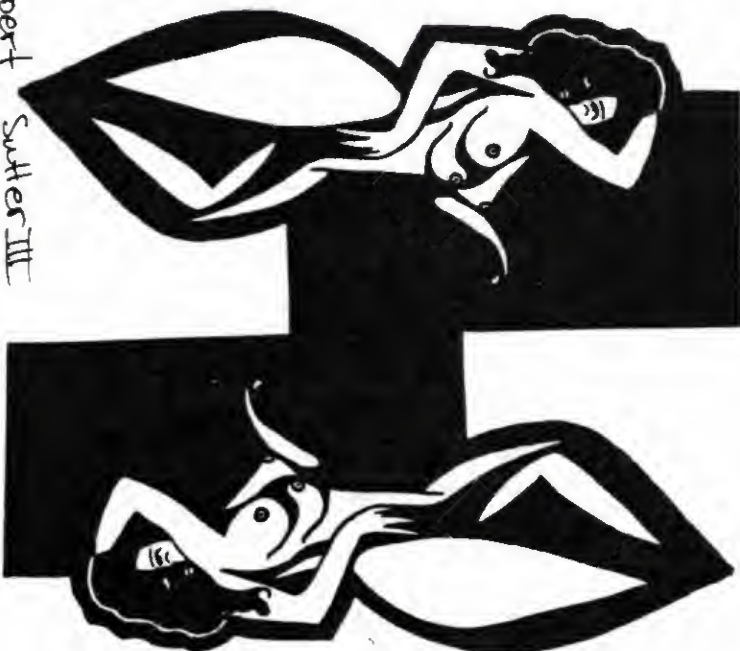
1 Changing the existing hierarchies in our societies is central to feminist thought. Although how this should be done differs from womyn to womyn, this paper focuses on language changes.

2 Sex-positive thought stems from the work of "sex radicals." By combining sexology scholarship with sex work Carol Queen coined this term, but there are many who are fighting for sexual expression in safe and unjudgemental environments.

3 The physical aspect of sex in this context is emphasized because many wominn don't consider sex theirs due to the lack of physical sensations. It is important to stress that sexuality is socially constructed and does not need have to be physical.

4 By creating non-judgmental communication between partners the need to seek sexual gratification outside of any partner arrangement would either not be necessary or it would be communicated and accepted.

5 The use of the term "acts" in this context is used to distinguish male sexual actions within a sex negative society from female sexual "relations" in the same society and then the difference in describing sexual "expression" in a sex-positive society. Acts imply that men are owners and conscious actors in sex while wominn rely on a relationship with an active (male) person. Expression allows wominn and men to define their sexuality and partners.



Robert Sutter III



POMOSEXUALS: CHALLENGING ASSUMPTIONS ABOUT GENDER AND SEXUALITY. this book was amazing, but i connected especially to an article entitled "beyond bisexuality" by MARCO VASSI



Freedom can never be achieved thru unfree methods.

Freedom can never be



the main thrust of the article was overcoming the female/male duality and forming a "metasexual consciousness". the author states that the distinction between the two (sex and meta-sex) are that sex is dualistic, binary, and procreative while meta-sex is everything else. I liked that he made the claim universal by saying that "metasexual consciousness is born once one has healed the internal female-male duality" which is contained in all, even though not all are aware of it. this then applies to all people even if they do not belong to a monogamous heterosexual relationship. a larger sense of universal shows through when the author states that "the most blatant example of confusion between the two vehicles lies at the center of every historical civilization and consists of the prejudice that two is the natural number for the erotic encounter." again I think this to be important in it's all encompassing manner. there is bias toward the number two even among partnerships that go beyond the boundaries of heterosexuality and heterosexism. by staying within the frame of two the individual and the "couple" are unable to move beyond the dualistic, binary, procreative (even if not literally there are still social implications and expectations for the number two), and to bust the boundary of meta-sex.

"sex is a doorway of knowing  
through which new qualities  
of the self evolve"



The fact that fraternal twins of gay men were found to be roughly twice as likely to be gay as other biological brothers shows that *environmental factors* play a role, since fraternal twins are no more similar biologically than are other biological brothers. In light of these results, it does not seem surprising that an even larger proportion of identical twins would have similar behaviors since the world thinks of them as “the same” and treats them accordingly, and they often share such feelings of sameness.

**Will misuse arise if a gay gene is found?** Both the American Medical Association and the American Psychiatric Association have taken the official position that trying to change a person's sexual orientation would be wrong. Anti-gay violence and oppression are wrong, so what will researchers like Hamer, LeVay, Bailey, and Pillard do if bigots begin to use the idea of a marker or gene to predict which male fetuses are gay for purposes of terminating such pregnancies, or to subject young boys to remedial education, reprogramming, or other "therapies"? Hamer has said he will patent the gene, if he finds it, so that it cannot be misused. Is patent law a realistic way to fight homophobia? Many people feel that it is immoral to patent human genes anyway, and that would be the *proper* use of such a gene? *What is the point of searching for it?*

The scientific argument for a biologicist basis for sexual orientation remains weak. The political argument that it will bolster gay pride or prevent homophobic bigotry runs counter to historical experience. The lesbian, gay, and bisexual community does not need to have it's "deviance" tolerated because it's members were "born that way" and "cannot help it." Society must recognize the validity of lesbian, gay, and bisexual lifestyles. We need an end to discrimination, an acceptance of all human beings, and a celebration of diversity, whatever it's origins.

the article continues by breaking down sex by numbers and the ability to see beyond two.



pee was effective.

If you are one of those incurable, sanitary fetish type people, pee in a cup and swab the area with toilet paper or a cotton swab.

## SOOTHING

**Tooth Pain-** As a temporary remedy for tooth pain, put a drop or two of clove oil on the wounded tooth. Effective for all the very worst of oral pain.

**Upset Stomach -** A staunch cup of peppermint tea will do wonders for calming an upset stomach. Instead of tea, eat fresh peppermint leaves right off the bush.

## PEST REMEDIES

Cucumber peels are effective against cockroaches, leave them laying around in dark corners.

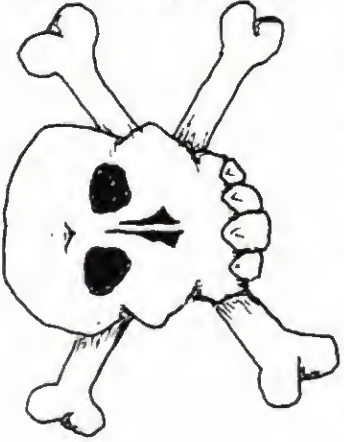
Pennyroyal plants growing near doorways will keep fleas away.

A small dish of beer in the garden will take care of your slug problem.

Cayenne pepper will keep small animals from digging, wherever you sprinkle the powder, it is unpleasant for them to sniff it.

If anyone out there has information about male-specific health information I would be happy to print it up in the next issue. There really isn't much out there, and the women are at much higher risk for certain types of infections, there are biological considerations a man should have for his body. For example, methods of herbal birth control for men, anyone who has tried these methods successfully, tell us your story so I can share it! As always, any tips or suggestions for safe and fun sex stuff (anything which is consensual, that is, both participants agree to the activity.) I would also be glad to print. Illustrations and pictures would be great.

If you live in Mankato and want to grow your own herbs you can get a free plot of good earth at the Good Counsel, a catholic organization on top of the hill. With no questions asked, and no preaching, you can reserve one or more plots and they have a barn full of tools and helpful advice. Some Christians have become more tolerant since the inquisition. The nuns at good counsel won't even ask if you're using the herbs to cast spells... For info write to: Earth Spirituality and Rural Ministry, 170 Good Counsel Drive, Mankato, MN 56001-3138.



## RECLAIMING THE EARTH

The Christian Inquisition of the middle ages murdered many knowledgeable women and removed their knowledge from the jealous fathers of the church. The women's holocaust of the middle ages removed a lot of common knowledge from the European heritage, from which I am descended. The spread of the cancerous industrial capitalism has further removed the simple and common remedies for minor medical and household ailments. The drive for increased monetary profit has pushed cheaper home based cures away and we are left with expensive pills containing corporate chemicals.

Now we are slowly discovering what powers the herbs, and other natural medicinal remedies, still have for us if we dare to believe that the existing system that rules over us does not have all the answers.

## HEALING

Colds and Flu - garlic is effective in activating your immune system and will help ward off colds and other ills. Garlic comes in a bulb that has about a dozen cloves. Instead of chewing the clove and swallowing it, crush a clove by hand, put some water in your mouth and tilt your head back, then drop the garlic ball into your mouth and swallow. Chase it down with more water and it shouldn't burn your mouth at all. Garlic is strong stuff and may upset your stomach if you haven't eaten in awhile. If you can't stand the burn of it, crunch the clove and roll it in peppermint leaves, then do the water procedure above. This will make it easy on your stomach. If you are feeling a sickness coming on, take three or four fat cloves a day. If you notice a sickness going around, take a clove of garlic to activate your immune system, and the bugs may never survive long enough to make you feel sick. Garlic is effective against colds, viruses, cholera, fungi, dysentery, typhus, staph, strep, enteritis, and respiratory ailments! (some information taken from [www.jesusshaves.com](http://www.jesusshaves.com))

**Boot Rot & Foot Fungi -** It's amazingly simple and yet, ideologically, our society with it's unhealthy fetish for being spotlessly clean, and having a horror for any fluid that comes out of our body may keep some people from attempting this remedy. What you do is pee on your feet. That's it. After daily treatments with you urine the fungus that is eating your feet will dissolve. I have been told it is the acidity, the PH level of urine that kills the fungus. I've also been told it only works if you use your own urine, but every time I ever had boot rot I also had a good supply of my own urine, so I've never experimented to see if other people's

planer: instead of a numerical addition of one to two  
"...a whole new quality of consciousness" is involved.  
allows for constant shifting and changing of the group  
dynamics depending upon the difference among participants

"any metasexual act  
is a function of energy,  
personality,  
and geometry;  
the amount of energy  
gives it scope."

THREE the triangle

pressure is applied to two by regarding it as the  
exclusive number. by attempting to contain all erotic  
exploration an overload occurs causing damage to itself.  
sin, crime, perversion, and diversion."

the "natural" way of doing things,  
the other numbers get relegated to  
the categories of  
"with two as the ideal,  
flexible but one dimensional

TWO the line

flexible but one dimensional



## MEN & THEIR LAWNS

the patriarchal use of land

Many men take pride in their lawns. The perfect green spread of identical grass, kept short by mowing every Sunday. If not the man of the house then it is the boy who is thrust out and forced to perform this act of lawn maintenance. It's a cliché, kids hate to mow the lawn, why? Because it's a totally stupid act. Why not let it grow? The boy might say. No no no, that won't do. Your yard is a reflection of you, do you want a sloppy, wild, lazy reflection? Not you want neatly trimmed, clean, and singular growth of grass, nothing but what you allow to grow there. You must conquer your yard, exactly like we conquered this country. Nature must be forced to submit to our will, it is our destiny as American men. If you let the weeds go in the yard, the next things you know you've quit your job, and then chaos and downfall, people killing each other in the streets. You don't want that, do you son?

Proper grooming of the lawn has become a symbol of male worthiness, a symbol of man's power to conquer nature and mold it to his liking.

The modern lawn is a descendant of the old monarchies of Europe whose royal mansions had gardens and lawns for the enjoyment of the privileged classes. Basically, everybody in America thinks of their home as their castle, and the lawn is their version of trying to be elite and better than thou. In the process of trying to create this visual badge of honor for ourselves, we spend insane amounts of money and energy and resources to create them, and destroy our environment in the process. The monoculture lawn of today is nothing like the old lawns of medieval times, which included different sorts of grass and flowers. Now the ideal is a single strain of grass with nothing else growing. This demands a lot of time and energy to maintain this lawn sterility.

The lawn care industry claims all sorts of environmental benefits from maintaining a lawn, such as that lawns prevent erosion and filter water. The benefits are far outweighed by the pollution caused by all the maintenance recommended to keep a perfect monoculture grass growing, pesticides, herbicides, fertilizers, and massive pollution from gas powered lawn mowers, leaf blowers, and weed whackers, all of which do not have emission controls on them. Small gas engines like these are a major source of air pollution, accounting for as much pollution as cars. The amount of water used to maintain a lawn in a desert climate is a massive strain on the clean water supply.

Conquering the lawn as an extension of dominating patriarchal science, science that was founded on a violent method of discovery and vexation of nature to gain nature's secrets, it's just a bad way to look at the world, as something to be taken over and forced to submit, the war on nature is just like every other war between humans, evil and destructive to everything, including vibrant human culture.

Mono culture grass caused pollution in another way too, by taking away land that could be used to produce food and thus save the gas that a diesel truck would burn to ship food from across the continent. Gardening is a traditional role of women, as gatherers of herbs and vegetables from nearby patches and cultivated gardens. Then the family's food must come from the hierarchical, industrial food production system, dominated by a patriarchal structure. Since there is no longer any food production going on at or near home, the man must go out into the patriarchy and get a job to pay for the expensive food shipped thousands of miles.

## WOMEN & THEIR FLOWERS

pretty girls and pretty flowers

Unfortunately many women have fallen into the Martha Stewart trap, turning gardening into something superficial instead of providing food. Investing endless hours and lots of money to grow beautiful flowers and landscape a yard. Without involving the mower it might be less polluting, but sad because there is so much more in herb lore that could come out of a garden that was not planted as a visual trophy.

Much of this information was lost during the women's holocaust of the dark ages, during the Christian Inquisition in Europe, millions of women who had intimate knowledge of natural herbal medicine were murdered for their knowledge. The

renunciation or total embracing of metaxex?

! OREZ

the author felt unprepared to talk about the higher numbers as do I but it is amazing to imagine.

in pnd FIVE and

four people can create."

functioning and at the high energy level

all personality components are

subunits operating simultaneously, but

that not only are all of these

realizes grasped when one realizes

"the richness of this structure

(pyramid) dimensional.

action between people) and four is the next two dimensional-

nothing more than two pairs exists.

if a metaxexual consciousness is not achieved by all involved

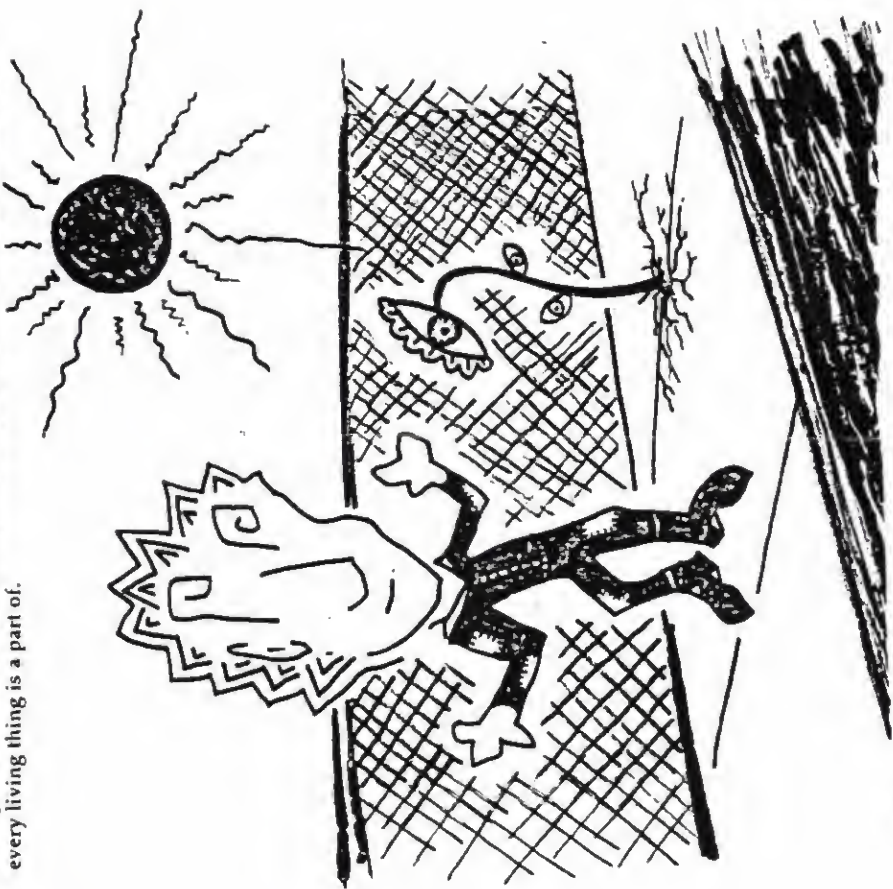
FOUR the square or pyramid



patriarchs who led the christian church were jealous of the knowledge, it took power away from their religion, from their system, their jobs.

Then with industrialization and the corporate takeover of agriculture, folks moved into the cities and lost touch with the earth, now a lot of people don't even know what the plant or tree looks like which their food comes from, so that they might run to the grocery store to buy something that was growing right in their backyard.

But by bit people are recapturing and re-learning the lost wisdom, sometimes from indigenous cultures that are still intimate with the earth in ways that city dwellers have long lost. Even with limited space and time like lots of city folk, i think it is still really important to grow herbs and vegetables and to teach this to our children so that they don't think that food comes from the grocery store, but from the earth and sun and us, to give them understanding of their connection to the circle of life around us which every living thing is a part of.



# Food Not Lawns

START A GARDEN THIS SPRING!

"Mass activism, no matter how large, determined, and angry, that does not articulate an alternative set of values cannot create alternative social arrangements."

- Angela Miles, *Integrative Feminisms*

instead of relying on the dualistic and non-erotic we should explore our possibility of sexualities as conscious beings. It is time to break out of rigid roles that have been designed for ancient peoples and do nothing but constrain our possibilities as creative and sexual beings.

"the introduction of the metasexual paradigm is a shift in the history of our evolving understanding."

"without metasexual consciousness even those larger numbers are not past the binary

If one has subsumed all forms then one is able to manifest in any form whatsoever."





the significance of this article is astounding in its reach over many different types of issues. I will focus briefly on some gender issues and women's sex issues although the scope is broader.

for women who have been historically denied a sexuality(s), to be able to not only claim a sexuality but move beyond the idea of binary relations is/ can be a huge step in human understanding of sexuality. female, male, and non-gender specific people engaging in mutual and metaxual relations/events would bring a larger understanding of self, and others through personal, sexual, space, and reality. it would be astounding in its effect on everyday life and our current understanding of it.

also to be able to understand sexuality beyond the female/male dichotomy would open up a broader space for exploration and understanding of gender. girly boys and butchy girls, that is only the beginning. beyond even that dichotomy there is much to experience. this would open a place where we could see and learn about other people their reality, and create an understanding and compassion that could spread through all of humanity.

**"beyond bisexuality,**

**externals take on a different meaning**

**than when one is caught in the**

**female-male duality.**

**even the most stereotyped act**

**is permeated with a brilliant awareness**

**that transforms the perception**

**"reality."**



## SEAT PISSERS anONYMOUS

After extensive research and contemplation I am now ready to lay down my conclusions around a problem which plagues wealthy nations and causes schism between the sexes. The issue is of urine appearing on the toilet seat, commonly known as "Seat Peeing". I believe the problem began with organized agriculture. Once upon a time, when humanity lived as hunters and gatherers, there were no toilet seats. Instead of expecting to sit when urinating, people stood or squatted. The main problem then seems to have been from simply peeing on your own feet, and learning from which direction to aim while on a hill or slope.

Then humanity began to settle in one spot for long periods to grow their crops. Now instead of moving from place to place, squatting and then moving on to greener pastures, I theorize that people began to defecate in the same place so to avoid the landmine effect surrounding their communities. This evolution into a communal defecation experience must have caused some trauma while social rules for the toilet were being developed. Outhouses were built, and now men and women were both aiming for the same dark hole in the floor. Searching for greater comfort during long sits at the shitter, someone invented the "toilet seat", which was clearly a mistake that has created a gender conflict which still continues today.

The essential anatomy of women is that it is easy to aim the urine stream by squatting, opened the labia and allowing the urethra an open shot. Squatting naturally leads to sitting, if there is a toilet seat available. The anatomy of men is exactly opposite, it is incredibly difficult at times to force urine out of the penis while in the sitting position, this would be akin to taking a garden hose and bending it in half, thus cutting off the flow. The natural position for a man is to face the toilet while standing, or even at an angle with a hand braced against the wall if the penis is not flaccid at the moment, to aim directly into the bowl.

Here we have a situation where one anatomy is urinating an inch above the hole, and the other is perhaps two feet above the bowl. Already the man has a handicap for aiming properly. It's not a matter of negligence on the part of the men, as they are often lectured. There is an unavoidable spray or splash which lands on the toilet seat, no matter if the man has aimed a Luke Skywalker zen shot straight into the middle of the exhaust port on the Death Star.

The answer would seem to be a new invention: put hinges on the toilet seat so the men can lift it up to urinate. Now men must lift the seat up and put it down afterward to



avoid someone else sitting down with the toilet seat up, with their fingers encountering all the germs which accumulate underneath. This makes the toilet a more sitting specific device which seems to exclude men. Some men object, some are indifferent, some have no problems with the fact.

Thru my theorizing and reflection i have come to favor an alternative: urinating onto open soil outside. The ph levels in urine make it an ideal soil additive. Why are we even defecating into the water supply at all? It costs a lot of money and a lot of resources are utilized to clean the water after it's been made filthy. According to statistics, only industrialized nations with vast chemical factories and mining developments could possibly afford to piss and shit into their water supply and then clean it up afterwards. Other nations and tribal communities would never dream of fouling up their drinking water, and like we did thousands of years ago, they return the elements directly to the earth.

In our compact cities, many of these methods would be impractical, but the method of turning human waste into Humanure has been well researched but is not well known. People have fecal-phobia, fear of their own shit. It is interesting that people have such a fear of the wastes that come out of their own body, since at any given moment, there is some amount of shit within one's own body. So to hate shit, is to hate part of what you are.

The humanure revolution is perhaps far ahead of it's time, but when we have mined and torn up the earth in search of more chemicals to clean our water, perhaps we will begin to consider returning our excrement to the earth, instead of turning it into toxic sludge in a processing plant.

It's simple enough, a five gallon bucket, some dry grass to throw on top of a new drop, and a place to dump it so that the sun can heat it up to the proper temperature to kill all the pathogens within. However, the persistence of the toilet seat may continue to cause minor social troubles, but considering the vastly greater troubles that humanity currently faces, we should be able to deal with it.

If you happen to be seriously interested in Humanure, there is a book available called "The Humanure Handbook" by Joseph Jenkins. It has detailed technical instructions on how you can forever turn off your water toilet and disconnect from the sewer system.

"We waste five billion gallons of pure water every single day. Every time the toilet is flushed, another 3 to 6 gallons of water are used. Not only are we wasting a critical agricultural resource, but we're polluting our water as well. Annually, the US uses 1.2 billion pounds of chlorine - known to mutate fish and cause cancer in humans - to treat our waste water.

"If composted, our waste can become a very useful substance. Annually we flush 1.4 billion pounds of nitrogen, 456 million pounds of potassium, 194 million pounds of phosphorus into septic tanks and sewer pipes. All of this could be used for soil enrichment. Instead, we are paying for fertilizer at the store!" - Grace Ballard, Brat #9

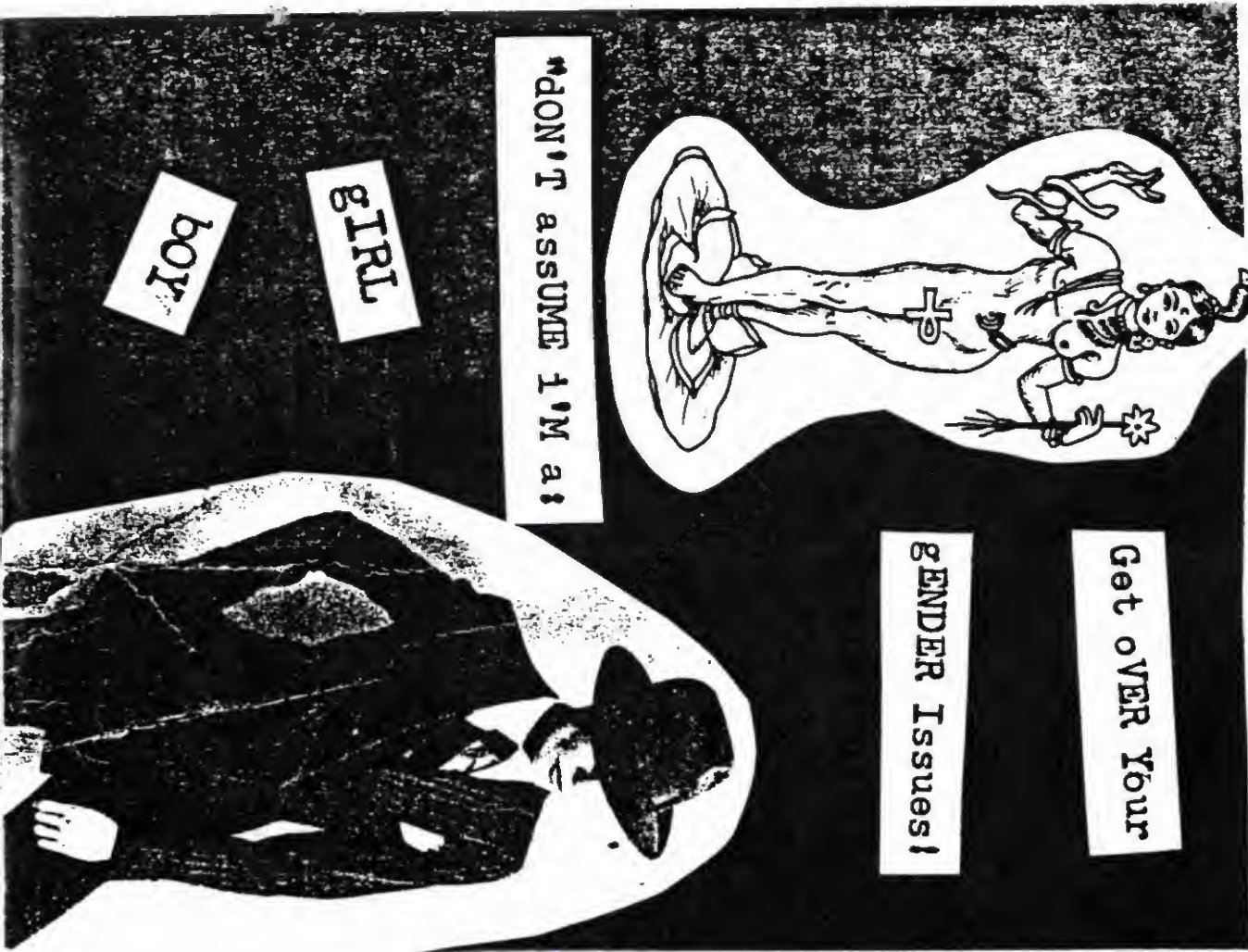
## SEXIST/RACIST hall of SHAME:

The U.S. Supreme Court on June 19 (1999) decided to take up the appeal of a South Dakota girls basketball team who were forced to strip search to prove their sex before a YMCA sponsored championship. The 8th U.S. Circuit Court of Appeal in November upheld a trial court's dismissal of their lawsuit which claimed race and sex discrimination.

The eight girls were all Oglala Sioux, their team representing the Pine Ridge Reservation's Lonestar School. They were ages 10 to 12 in 1995 when they defeated the Hermosa School team in a semifinal game. The sore-losing Hermosa coach claimed that one or more of them were actually boys, so before the final match they were each taken into a restroom to show their sex- which no other team was subjected to.

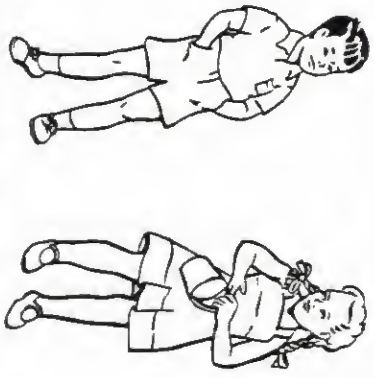
The 1997 lawsuit contended that the strip search left them depressed and embarrassed, and charged not only discrimination but invasion of privacy and intentional infliction of emotional distress and mental anguish. The lawsuit named their own Lonestar School, the tournament sponsor YWCA, and the Hermosa School's (rather ironically named) Custer School District.

- from PlanetOut.com



# ANDROGYN





## CONFRONTING SEXISM:

have you been  
accepted for your silence,  
or exiled for your honesty?

I was in a bar sitting at a table with two girls and two guys. One of the guys says something blatantly sexist about women to me and laughs. He's a stranger, i'm caught off guard, how do i respond? Apparently no one else has heard the comment. "Uh..." i say, and slowly turn my stool so that my back is to him and i'm looking towards my partner. I didn't interact with him anymore and he soon got up and left. I felt like i should have confronted him, but we were in a bar and he had obviously been drinking, i had no wish to get into a real fight. Thinking back on it now, i think it was a good response. He got the message that my body language sent, it was strong enough, body language is valid language. I think confronting someone while drunk is basically pointless anyway, alcohol takes away your ability to comprehend and rationally, and the person might not even remember what you said to them when they get sober. If you confront some loud and he punches your teeth out, your teeth will still be out in the morning.

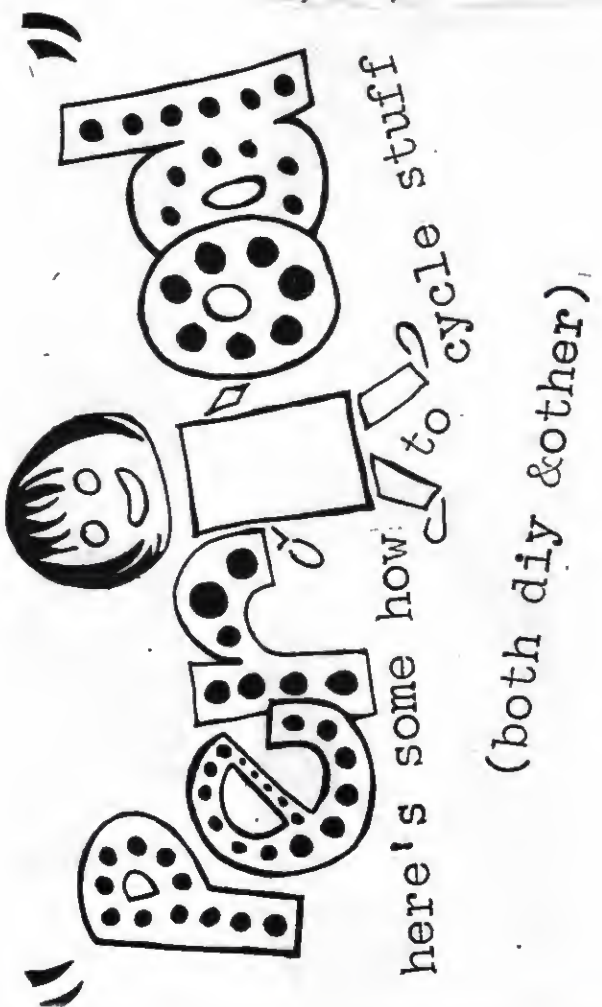
It's about choosing when to make a stand and be most effective with your life. You could adopt an absolutist position, a zero-tolerance approach and take on all challenges like a bull with horns, but i think you would soon burn out from confronting all the aspects of sexism that you would meet day after day. Everyone in their own way.

## ATTACK OF THE BONEHEADS

It was somewhere into the second party keg when the shit went down. I'll summarize it like this, Shyla expressed her opinion of this boy Kia (pronounced "Clay") by saying he was sexist, and he responded by following her around the party for an hour badgering her about how he wasn't sexist, finally ending up with him screaming in her face which she answered with a fist to his face, she left the party, i dumped a beer on his head, and he jumped me as i left the party and rode my back down a flight of stairs where i landed on my face. Someone came out of the party and pulled him off me. Shyla and i left the party and went home. End result was Shyla and i pissed off and me with broken glasses and a black eye.

Sadly this was not to be the end of it, as all drunken nights should end, with the rising of the sun. I had given my book/zine to one of the guys who was distributing stuff at the show that night and he was friends with Kia, my e-mail address was in the zine and Kia began sending a series of explicit messages demanding to know why he was sexist and if we didn't do that then he and his friends were going to come down from Minneapolis and beat us up. He claimed that he knew the house where we lived. Shyla sent him a letter that apologized for hitting him but not for expressing her opinion that he was sexist, but he refused to write back to her saying that she "was not intelligent enough" for him to have a conversation with. One of the last e-mails he sent said that we "shouldn't be afraid of penetration" and that he would "come down there and show us what it was like." Since we probably wouldn't consent to have sex with someone that was such an asshole to us, this seems to be a clear threat of rape.

So we blocked his e-mail account but he kept opening up new ones just to send us harassing e-mails. Finally i got sick of being terrorized every time i checked my e-mail, so i wrote him back and said that i had hard copies of his messages printed out and



the vagina is an overstudied, over-marketed, and over-all important to our existence. menstruation falls into this same category. in a culture so obsessed yet some times it is hard to find what a girl really needs for her cunt and for her safety. i have listed below a few facts, lies, resources, and some info on menstration and the stuff that goes along with it. there are some herbal ideas for a more comfort in **period**, info about tampons and toxicity/cervical cancer, and some sex safety tips for your vagina.



some tips on how to make you more comfortable during your period.....

chamomile tea: soothes and relaxes muscles throughout the body. either loose or the stuff in bags will work, but loose doesn't get filtered through the bleached bags (yuck).

#### raspberry leaf tea:

I've heard several recommendations for how much and how often to drink this stuff so it's effective, but here is the most common one..... one cup a day everyday for the whole week prior to your period.

what it does is it strengthens the muscles of your uterus.

not only does this help

relieve cramps, but it also aids in

growing stronger healthier (your

diet also contributes to this) tissue

which is

particularly important if you ever chose to have a kid.



Raspberry plant from the Good Community Garden, Montreal

drawn by Rob



slice the root so that you have thin disk-shaped pieces.

drawing by: Rob

ginger tea: my partner's specialty is making chamomile ginger tea for me when i'm crampy. slices thin ones, of ginger root steeped in hot water not only takes away the cramps but has a warm and comforting scent.

that i would send them to the cops if he kept fucking with us. Finally he stopped sending harassing messages. Not that i'm a big friend of the cops, but anyone who threatens to bring a clan of Minneapolis skinheads and drunk scenesters to beat us up and rape us deserves the cops attention.

The story doesn't end there. Next i get an e-mail from Kla's friend D ego, another scenester, who accused me of getting his band "onward to mayhem" banned from Slackers, the local venue for shows. I talked to Slackers and found out the story, apparently Diego had called down to book a show and said that he and his friends were going to come down and beat us up at the show. Duh. Slackers told the guy he couldn't play if they were going to cause trouble. A few days later Slackers gets a bunch of phone calls from Minneapolis scenester bands like Code 13 and the Chickenhawks saying they are going to boycott Slackers if "onward to mayhem" isn't allowed to play a show there. Slackers made a business decision and decided to let the sexist band play.

Shyla and i felt abandoned by nearly everyone in the scene. It was well known the threats of violence that members of this band had made towards us, but all people kept talking about was how tired they were of hearing the story. We were pretty fucking tired ourselves, of being afraid that some assholes were going to jump us and do their worst. Kla even had his friend come down and try to organize a meeting on the day of their next show at Slackers, it would be me, Shyla, Kla, and two more boys. Ok lets see here, that's four guys and one girl alone in a room to discuss sexism. It's like one punk kid sitting in a room with 4 cops and attempting to discuss why cops are oppressive to kids. How do you imagine that would turn out?

So the night of the next show came and as you might imagine our house was empty. We went out and tried to forget that the streets of our town might harbor roving groups of fascists intent on bludgeoning and penetrating us.

Nothing happened but the trauma and distrust is still there. It's shit like this that makes me think punk is just a big joke, that the real anarchists aren't a part of this punk-rock-n-roll party scene, which is really only superficially different from any other party scene, violence, stupidity, and rape just like the worst frat house. I used to think it was just a few boneheads ruining a cool thing, but when the whole empirical punk scene of an entire state seems ready to roll over and let the scenesters have their way, fuck all that. The whole deal has left a nasty bitter taste in my mouth for punks, stacked another brick in the wall for my "fellow" punks.

## CONCLUSIONS

Thanks to those people who did support us and who did not bow down before the altar of the almighty sexist scenesters. We appreciate your compassion and your ability to make your own decisions and maybe end up (gasp!) unpopular.

Here's a suggestion: if someone offers your their opinion of the way you're acting take it as an opportunity to learn something about yourself, a chance to examine yourself from a perspective you might not have seen yet. It takes a lot of courage to do this, to question yourself and your actions. It's braver to do that than to lash out and automatically defend yourself. Only a courageous person can admit they might be wrong and have something to learn from someone who is angry at them.

I had some thots about not including the specific names of the people and bands involved, because this is a conflict i want to learn from and move beyond, not to stir up strife again and pick at the scabs of old wounds. I have no intention of taking revenge for the harm dealt to me or the threats and intimidation done to Shyla. We are just as sick of hearing about it as anyone else, we have to live it, wondering every day about the possibility of being attacked. So fuck it, the people named in this article are the ones who performed the acts as described, so this is the truth from my subjective side of it. If punks can't handle the truth, they're not a part of the anarchist punk movement that i'm a part of.

DON'T CALL US P.C. 'Political Correctness' does not exist. It's a label, a stereotype. P.C. has no definite form, no criteria. P.C. is not an ideology, like socialism or nationalism, nor is it an organized movement. It is not a world view, a moral philosophy, a partisan organization, an intellectual trend, or even an academic faction. 'Political Correctness' is a convenient way for people to dismiss anything they don't want to listen to or don't agree with. When we write about, or otherwise deal with a particular issue, it's for that reason! That reason is NOT because it's 'Politically Correct'. If you have a question about any view we choose to express- great! We'll be happy to explain the reasoning behind our stance. If you disagree with us- fine! Challenge us! Question us! But don't you dare dismiss us with a label.



# GENDER & EVOLUTION

Recently I was introduced to the concept that for many millions of years men and women survived on the earth as hunters and gatherers and that something from all those millions of years must be carried over into our genetic biology and in our methods of socialization. It's an interesting idea, and makes sense if you think about it (and if you don't believe in some other sort of creation theory).

What if we do still act out in evolutionary gender roles? And which is stronger, our evolutionary traits, or the socialized traits? It could be very subtle and difficult to detect. If you ask the question, why are men and women like they are, you can come up with some interesting theories. Take men, with higher levels of muscle building testosterone could be the hunters, we still have our upper body strength that we once needed to survive by tossing spears at our food as it tried to run away, using that strength to kill an animal and bring it back to the family or tribe. In the industrial world we don't hunt like that anymore, in the way we did for millions of years, but perhaps men still enjoy throwing object over their heads and hitting the mark, such as throwing a football, and working with other men on the "hunt" to win the game. Men would have also developed special ways of communicating while out on hunting parties, silent body language methods of communicating that might be mysterious to women. It makes me think of the hand signals that a catcher in a baseball game signals the pitcher on the mound with so that he can throw the ball (spear?) and get the batter out (kill the prey).

There have been a lot of studies that show men feel more comfortable working side by side and not looking each other in the eyes. Looking each other in the eyes could be a challenge from another man, or from a predator, and thus makes us uncomfortable. Women, who sometimes being pregnant and less able to hunt wound up being the gatherers, would stay close to home, watching over children and collecting vegetables and herbs, and organized amongst themselves making tools and baskets and clothing. Studies have shown women prefer communicating with others face to face, looking into each others eyes, and have also been revealed to have a better ability to do more than one thing at once (multi-tasking) which would be useful to watch children, keep an eye on the horizon for predators, and working with others at home, and remembering all the little spots where she could collect food. Studies have showed that women tend to express themselves thru language more, which would be easier to do while gathering than while sneaking up on a wild boar when spending long hours hunting.

For millions of years, the theory is, we lived as hunters and gatherers in mutually supportive roles, and if both roles were needed, perhaps they were even freer from sexism than we are today in our patriarchal industrial capitalist world. Perhaps the neanderthals, living in their state of free anarchy, if given a chance to visit our time would look upon the horrors of our modern world with disgust and wish to go back to the stone age immediately.

Compared to the millions of years we spent as hunters and gatherers, it has only been about ten thousand years since we settled down into agriculture and animal husbandry. From then until now we have rapidly moved into a way of living that is not an interconnected system of man and women working together, our system now demands individual cogs that can be plugged in and out of the corporate machine, as it likes, not as we like.

Now we have people with these ingrained ancient abilities that bubble up to the surface but may have no healthy outlet. In our society the man traditional goes out and works a job, leaving the women to the home and inconsequential tasks, perhaps she uses her formerly useful skills on making the home look perfect, sewing frivolous needlework projects and folding the towels. Perhaps men misdirect their hunting energy going out to bars hunting women. Often when I hear men talk of having sex it sounds like they brought down a beast on the hunt, "I got some" or "I gotta get some." "Bam! Nailed her!" The misdirected hunter energy could lead men to rape, and the kill would be replaced by an orgasm. This is a little far out, and kinda sounds like it could be used to justify men's behaviour, as in "It's just the way I was born!" It's the debate between those who think it's the way we were *nurtured* that makes us act the way we do, and those who believe it's *nature* that makes us act the way we do. I think it's a mix of both. My purpose is to look deep into our past and think about the causes of

from the tiny cuts caused by the asbestos. rates of cervical cancer have soared since the marketing of tampons started. the chemicals in the tampons can easily be transferred to your body through contact with the

that we must be aware of and protect ourselves from. toxic shock syndrome (which kills quickly) is another issue that cause it start to grow/multiply (which kills quickly) if the bacteria

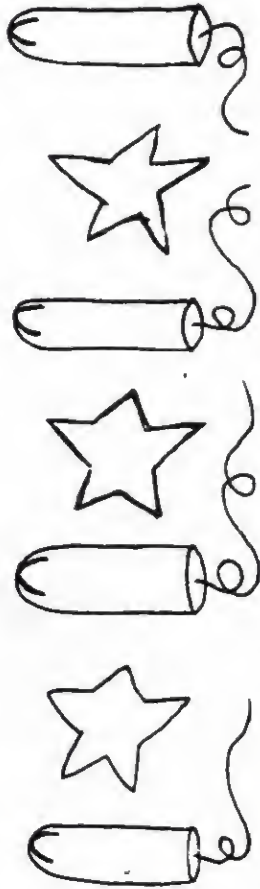
a friend found pencil shavings in a tampon before she used it, it, how knows what the fuck else is in there.

bleach is another chemical found in major brand tampons. sell more products bleach is used to destroy the natural pigment in the cotton.

most major tampon companies use asbestos in their tampons. EW. this causes us to bleed more (by causing tiny tears in our tissues) so that we buy more of their product.

on alternatives to them.

it is important to know what we are putting in our bodies. what we consume ultimately affects our mind, body, and how we function. also it is important what we put in our vagina (if you chose not to use tampons) during our period. here are some things I've learned about about pads/tampons and some info



placed on your abdomen.

● hotbaths with lightly scented water and relax you or hot pads prefer) will help soothe and relax you or hot pads

● exercise throughout the month and during your period (and orgasms also help relieve tension by stretching and working your muscles in your uterus and abdomen.

● calcium not only strengthens your bones, but it also helps to relieve cramping.

● foods high in potassium and vitamin a (dark green veggies, bananas, oranges, potatoes, and more) will help reduce tension and cramps.

● limiting or avoiding salt, sugar, and processed foods before and during your period will help reduce both bloating and pain



behaviour which arise from people living the way we do now in the industrial capitalist world, which is far removed from the natural world.

It has been suggested to me that some societies or races did not have rigid gender roles before modern times, and it was only when the patriarchal conquerors enforced their systems on conquered people that the rigid gender roles were enforced, basically from the top down. In this case, aside from minor differences in hormone levels, socialization would be the biggest factor in men and women's behaviour.

It seems to me that socialization plays a stronger role than biological differences, and that socialization can overcome the weaker internal signals of biological difference, or "instincts".

Where all of this theory about evolution and ancient gender roles leaves gays, lesbians, bisexuals, transgendered, etc. i don't really know. There's not a lot of recorded data from millions of years ago, so it's hard to say. Were gender differences accepted or rejected? Has anybody got a theory, or have old cultural stories about this which have been passed on from pre-modern times?

## GENDER IDEALS: WHY ARE WE THIS WAY?

### Archetypes Of Gender

Your image of what you were supposed to become as a growing girl or boy was formed from many sources, from your mum, siblings, friends, and mass media like the bible and television. Methods of socialization have changed drastically in the last hundred years, no longer do we have a close community and family culture. Mass media has an increasing affect on us, spreading ideas about who we are across the planet like a wildfire. The bible is the most printed book in the world, and has been translated into more languages than any other book. For two thousand years the ideological traditions that were meshed together to form the bible, the myths and archetypes for role models, symbolic people that are examples of how one should be in the writings have been influencing people around the world. Many people had no choice in this experience, with a sword or gun held to their head, they listened to the ideas from the bible and believed in them or they were murdered.

The christian religion is an excellent tool for those in power, the hierarchy, to maintain control over vast populations. There is an invisible god in the sky, much like the invisible 3% of the population in the world that controls 95% of the world's wealth. My own father told me plenty of times that i should respect the laws of governments because the bible says i should. I think that the christian archetype implants an idea into us that we should allow an all powerful force control our lives, be it god or government corporations, it's all unquestioned. If you rebel against these authorities you may end up in prison or hell, identical situations.

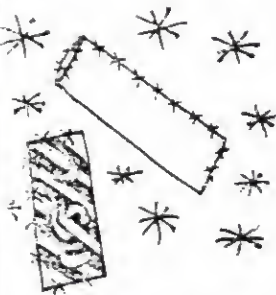
The christian archetypes doesn't offer much for men or women in the way of fully functioning, well rounded, happy people. For men we are given a few sad choices for who we can emulate as men: a distant, faceless, god-in-the-sky; and then the son, Jesus, a human who allows himself to be dragged off and killed by the command of the god-in-the-sky (sounds a lot like our fathers being sucked out of our families to go toil for the faceless corporations all their lives); and then there is Joseph, the impotent, almost invisible father figure, perhaps he represents the modern corporate father who gets off work and comes home to a strange environment where he is more a decoration in the background, and where Mary, the mother, is the ruling archetype.

### VIRGINS & SLUTS

Women get the virgin, Mary, and the slut, Magdelaine. The fact that mary is supposed to have given birth while a virgin seems to degrade all real mothers who dare to take pleasure in sex. It also degrades the earth father, Joseph, who is the husband of Mary, and gives all the responsibility and power to the god-in-the-sky.

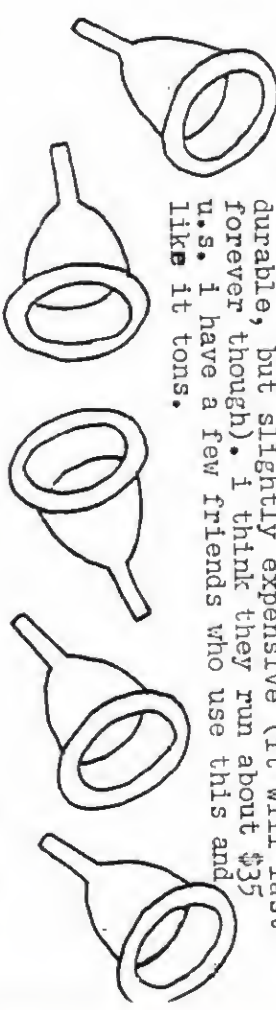
### THE IDEAL MAN

If you boys are like me you grew up with a father that was gone most of the time, away at some mysterious job where he did some kind of work.



\* home made pads: these are nice in a combo (sponges and pads) but they work alone too. if you can get some heavy cotton (it breathes better which discourages bacteria growth) material, layer it three or four times and sew around the edges (i use dental floss). placing these in your panties (if you wear them) can be difficult but be creative. i once had friends who made art out of their used pads, but you can wash them too (use vinegar to kill bacteria and re-use.

\* unbleached tampons: natural, one-hundred percent cotton no chemicals, no bleach tampons. spendy and hard to come by in a pinch, but good for certain circumstances. i prefer these for my heavier days when i'm not at home, but unfortunately i can't get them often cuz they cost too much for my budget.



\* the keeper: you can order this from glad rags or some stores carry it. its a rubber cup that you insert to catch blood. its safe, easy, and durable, but slightly expensive (it will last forever though). i think they run about \$35 u.s. i have a few friends who use this and like it tons.



\* natural sea sponges: i use these on my lighter days cuz my flow is to heavy the first few days. you can get these at art supply stores (make sure they are one-hundred percent natural), at natural food stores, or with make-up (in the make-up section). i bought mine for ten bucks and cut it into two large pieces and three small ones. you can use the same piece throughout your period (take it out and rinse every few hours with warm or cold water) but make sure to soak it in vinegar water (about a tsp. to acup h2o) after your period. i store it somewhere were dust, dirt, ect. won't get to it.

here are a few ideas that are commonly used as an alternative to commercial period products:



MINUTE 15  
 VHS 15 min  
 SWALLOWED BY THE WORLD  
 BOUND FOR  
 GLORY  
 BUKOWSKI  
 VANCE  
 OF COURSE!  
 ECOTOPIA  
 STIENBECK  
 THE FALL OF  
 AMERICA

Ecotopia is an interesting little novel written from the perspective of a journalist (a female) who is

y may be

**lashes out**

ected to call it as they see it.

Altogether Ecotopia offers some really interesting

ould it work:

PLEASE SEND US A REVIEW FOR THE NEXT ISSUE, LET ME KNOW:

and get closer  
The answer

isolation that plagues so many contemporary men."

corporate society

should live my life.

So aside from the occasionally limited p

to learn in, instead of being forced to sit long hours in

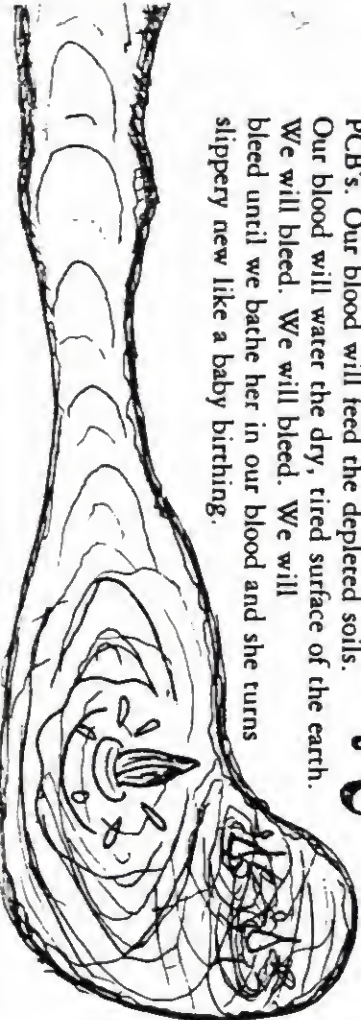
od blots, flower forms  
irts of the stewardesses.

9

But I do not know.

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Blood on restaurant floors, supermarket aisles, the steps of government buildings. Sidewalks will have Gretel's bread like blood trails, crumbs. We can always find our way. We will ease into rhythm together, it happens when women live closely—African tribes, college sororities—our blood flowing on the same days. The first day of our heaviest flow we will gather in Palmer, Massachusetts on the steps of Tampax, Inc. We'll have a bleed-in. We'll smear the blood on our faces. Max Factor will join OB in Bankruptcy. The perfume industry will collapse, who needs whale sperm, turtle oil, when we have free blood? For a little while cleaning products will boom, 409, Lysol, Windex. But the executives will give up. The cleaning woman is leaving a red wet rivulet, as she scrubs down the previous strains. It's no use. The men would have to do it themselves, and that will never come up for a vote at the Board. Women's clothing manufacturers, fancy furniture, plush carpet, all will phase out. It's just not practical. We will live the old ways.

Simple floors, dirt or concrete, can be hosed down or straw, can be cycled through the compost. Simple clothes, none in summer. No more swimming pools. Swim in the river. Yes, swim in the river. Dogs will fall in love with us. We'll feed the fish with our blood. Our blood will neutralize the chemicals and dissolve the old car parts. Our blood will detoxify the phosphates and the PCBs. Our blood will feed the depleted soils. Our blood will water the dry, tired surface of the earth. We will bleed. We will bleed. We will bleed until we bathe her in our blood and she turns slippery new like a baby birthing.



ON THE ROAD TO HEALING: a booklet for men against sexism. Compiled by Basil Elias. There aren't many punk zines by men about sexism. This one is the best that I've read yet. The layout is well done and readable. There are contributions from more than six fellows talking about various issues, from growing up male re-defining manhood, and the work we can do to end sexism in our communities. At the end of the zine are some questions to aid in the process of self discovery, and a list of resources. This is a really good introduction to the issues of gender and socialization. Highly recommended. (In this issue of girl-boy you can find the article Men's Work which is re-printed from this zine) On The Road To Healing is \$1. postage paid, what a deal! They must be trying to change the world or something. Write to: Plantings Seeds Press, P.O. Box 33368, Austin, TX 78746. Also available thru: Tree Of Knowledge Press, P.O. Box 251766, Little Rock, AR 72225. E-MAIL: treeofknowledgepress@yahoo.com Write for a catalog!

MEN AGAINST SEXISM compiled by Basil Elias. This seems to be the predecessor to On The Road To Healing, and it's not as good. More than half of this zine is re-printed articles from books and re-printed flyers. The parts that Basil, Andy, and Adam wrote were more interesting to me than the re-printed articles. The article titled "Sexual Objectification and Male Supremacy" was way off base according to my perspective, it was ambiguous in it's language and was a rant against all types of reproduced sexual images, porn and erotica. Basically the article blamed porn for violence against women, which I would say was caused by our socialization as boys, socialization into a culture that treats everything as a commodity to be objectified, a society that isolates, alienates, creates ignorant consumers, and does not teach sex-positiveness between people. About porn, I have to say: my partner and I both have sexy nude pictures that we have taken of each other, and we feel fine about it. Should we be burned at the stake or what?

Another reprinted article called "Conversations of Consent: Sexual Intimacy without Sexual Assault" was much better, and had some really good stuff in it, a quote from it is reprinted elsewhere in this zine. The rest of this zine, if you disregard that one article, is really good. I only wish the boys who did the zine would say things in their own words instead of re-printing articles as established dogma. I recommend this zine (mostly).

Available thru: Tree Of Knowledge Press, P.O. Box 251766, Little Rock, AR 72225. Write for a catalog! E-MAIL: treeofknowledgepress@yahoo.com

OFF THEIR BACKS... by New Society Publishers. This is a good little zine with 3 different articles printed in it, "More Power Than We Want: Masculine Sexuality and Violence", "Understanding and Fighting Sexism: A Call To Men", and "Overcoming Masculine Oppression in Mixed Groups". It's obviously written by college graduate sorts, but still readable and basically right on. The only problem I had with this zine is the use of some language that was not as clear as it could have been, most notably the statement "Masculine sexuality involves the oppression of women..." After reading the entire article it was apparent that the "masculine" was not meant to indicate that men's sexuality was inherently oppressive, the author just used the word "masculine" to give name to a type of socialized behavior which would probably better be described as "patriarchal sexuality".

The 31 pages of Of Their Backs is a great introduction to the ideas of sexism and overcoming the many in our lives, and includes a broad vision of how the many other forms of oppression are linked to sexism and how they also need to be changed so that sexism can be truly abolished. Recommended.

Available thru: Tree Of Knowledge Press, P.O. Box 251766, Little Rock, AR 72225. Write for a catalog! E-MAIL: treeofknowledgepress@yahoo.com

VASECTOMY AND MEN'S SEXUAL HEALTH by Jon Real life story of getting a vasectomy, all the scary myths debunked. Honest talk about why you would get a vasectomy, what the risks and benefits are. I learned quite a bit from this little pamphlet, like how your ejaculation is exactly the same after a vasectomy, only the microscopic sperm are not in the fluid anymore, and there is no noticeable difference in what comes out. I never knew. If you are serious about never wanting children, check this pamphlet out.

Available thru: Tree Of Knowledge Press, P.O. Box 251766, Little Rock, AR 72225. Write for a catalog! E-MAIL: treeofknowledgepress@yahoo.com

AMERIKKA EATS HER YOUNG #1, by Andreas Hagberg. Just out from Sweden, this is titled "The Porn Issue", it's got about a dozen contributions, including me and shyla. Lots of dialogue about porn and society by people who work in porn and people who look at porn. Lots of stimulating pictures too! Contact Andreas Hagberg at: Sorgardsg. 67, 586/46 Linköping, Sweden. E-mail: please\_dont\_kick\_me@hotmail.com

VAMPED #3 / THIRTEEN #5 - This split zine contains a whole lotta stuff about surviving sexual assault, gender issues in the punk culture, with lots of different writers and their experiences. It's free, but send a dollar at least for postage! Christian Beansprout, P.O. Box 1943, Greeley, CO 80632-1943.

classrooms. He also talks about how our fathers, our male role models, are often gone long hours at work or at the bars or gone altogether, and how this lack of an example is psychologically hard on boys.

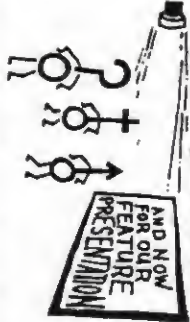
Aaron also writes of the importance of masculine enlightenment, or male studies of this sort, in society, outside of the competitive, mechanical arena of corporate business world and sports, where an "authentic masculine soul" is discouraged. University courses for Women's Studies are excellent places to find truthful talk about what's going on with the genders and all of society, and Aaron cites feminist teachers and books as inspiration for writing Knights Without Armor. I went to the MSU in Mankato and searched the library computer for books and this is what I got: Women's Studies had 490 titles, Men's Studies had 20 titles. Aaron suggests that men are too afraid to put forth a male studies curriculum that could educate men on sexism and gender issues, because whenever the idea is brought up the response from all sides is, "But we already have male studies—the entire curriculum is biased towards men, everything is men's studies!" For example, in history you read mostly about men, about the wars they have fought. This is true. What Aaron suggests is that all that stuff is not a truthful look at masculinity such as could be put forth in a critical male studies university program. Men aren't learning the truth and depth of their gender thru the rest of the curriculum, they need the help of people to enlighten them. Of course, this needs to start at the very earliest stages of schooling for both genders! Not separating them into the home makers and the bread winners or corresponding to the economy of the corporate machine, but with their elders to show them the depth of who they are. So this is Aaron's suggestion, and it sounds reasonable. Altho many feminist books have much useful information and ideas for men, they are not focused specifically on men's issues. If those who identify as women will gather together to gain knowledge and wisdom, affirm their rights and freedom in the world, wouldn't this be good for men too? As an alternative to leaving them stumbling thru life in unhappy and frustrated ignorance...

I will have to say that Knights Without Armor is a book I recommend reading, but that it should not be the only book that a man should read to gain understanding. It's a good place to start for a lot of men who have never talked about any of this stuff before. It could inspire them the reach out, maybe feel far enough. It was part of the inspiration for me to take a women's study course at the university. Check it out at your local library...

THE EROTIC MIND by Jack Morin, PhD (Harper Audio book on tape, read by the author) "Unlocking the inner sources of sexual passion and fulfillment." This is a great audio book that I checked out of the library, opened my eyes to some things, and made me feel a lot better about some of my sexuality decisions I've made in life. I recommend this to everybody.



# MOVIE REVIEWS



I think movies can be a good way to share an idea or illustrate an aspect about humanity within a very short time span of the hour and a half that you view the movie. Watching television for long periods of time is very bad for you, but you can safely indulge now and then, and have movie marathons when you get a root canal in your tooth and are doped up on drugs, or just after you've gotten a vasectomy, or even in the heat of winter when it's too cold to go outside. All the movies below are thumbs up recommended (except for the very last one!).

**PINK PRETTY** - Jackie Jolie, the producer of this video, is also an spoken word artist. To contact her about this or about Pink Pretty, write or e-mail the following addresses: Jackie Jolie, 4102 Orange Ave., #107-100, Long Beach, CA 90807. E-mail: [jackiejolie@yahoo.com](mailto:jackiejolie@yahoo.com).

**BUT, I'M A GHERLADER** - Funny as hell movie about a cheerleader being forced into a rehabilitation program for homosexuals, even though she didn't think she was a lesbian until she was forced into the "Straight is Great!" program. This is totally funny.

**BOYS DON'T CRY** - This is based on a true story, and ultra tragic tale of a trans-gender person who was born in the wrong state, Nebraska, and tries to be who he feels like being.

**TO WONG FU...** - A large part of this movie takes place in Nebraska too, but the characters have a very different experience than in *Boys Don't Cry*. See Patrick Swazey portray a very drag queen, he's a very little queen. Chris Penn plays a character named "Sheriff Dualland", a small county cop who sticks his hand up Patrick's dress and then chases them down, all the time obsessing about finding the pervers. It should be scary but it's really funny. The queens find refuge and friendship in a small midwestern town. This is a cool little movie.

**MA VIE EN ROSE (My Life in Pink)** - French movie. A little boy, Ludovic, thinks he should have been made a girl, figures that God made a mistake and lost his other chromosome. The story follows his interactions with friends and the reactions of his parents and community to his wearing dresses and long hair.

**SUMMER OF SAM** - Based on a true story, of the Son of Sam murderer, who's sex-negative mentality led to his coupling temporary sexual satisfaction by shooting young couples while they kissed in their cars. The movie is more a revelation of 1970's sexuality and gender role expressions than a focus on the killer. Cool movie, brutal and honest and whacked out, like life.

**BETTER THAN CHOCOLATE** - This movie covers almost every form of sexuality thru the interactions of it's characters, very well done, that's a lot of ground to cover! Funny and sweet, what could be better than chocolate? orgasm! This is a very funny movie that anybody who is not a monogamous heterosexual can appreciate.

**AMERICAN BEAUTY** - Sex mad, american suburban style. Sexual repression explodes into fireworks of lust, fear, substance and murder.

**KISS ME GUNDO** - Heterosexual Italian stud deals with gay boy, with pretty hilarious misunderstandings and alienations. Pretty funny collisions of social worlds.

**PRISCILLA, QUEEN OF THE DESERT** - Queens on the road, dealing with the consequences of the choices they have made. Funny and sad and real.

**THE STRAIGHT STORY** - directed by David Lynch. This movie is about this old guy, who's last name is Straight, who decides to drive his lawn mower from Iowa to Wisconsin to visit his brother who had a stroke, but they had been estranged for many years because of a drunken fight. Sounds ridiculous but it made me cry a couple times. These old guys getting choked up talking about what they saw in war and when Mr. Straight finally reaches his brother and... well I won't spoil the end. Men are not often depicted expressing their emotions, and the way this movie does it is so real that it seems like a documentary at times.

**THE X FILES** - Ok, so this is a television series, but you can rent them on video, so I am in no way endorsing the watching of commercial television here, a most horrible thing to do to your mind. The X files series is an excellent choice for the person recovering from say a triple root canal surgery while doped up on Tylenol 3.

The interesting gender perspective in the series are the two main characters, Fox Mulder and Dana Scully, two FBI agents. Fox is the man, but he relies on his intuition and emotional responses. Dana is the female, but she is a firm believer in scientific method and refuses to let her emotions lead her actions. Fox is also very incompetent with his physical duties, often losing his firearm during action and frequently having to be rescued by Dana. The reversal of traditional gender roles is an interesting case for socialization being a stronger force than genetic predisposition.

**ERIN BROCKOVICH** - This movie surprised me by how good it was. Based on a true story, Julia Roberts plays the role of a poor young mother raising three kids who gets involved with a law firm and a case of environmental pollution, eventually she ends up fighting PG&E in court to gain justice for some 600 families who's ground water and bodies were polluted by PG&E's negligence. The story has a cool subplot in it where the Erin Brockovich character switches traditional gender roles with the tough hairy Davidson Biker Guy, he stays home and babysits her kids while she goes out and does battle against the giant corporation. Super recommended.

**TWILIGHT OF THE GOLDBERGS** - This movie is about a fellow who is gay and who is estranged from his family because of that. Then his sister becomes pregnant and her husband is a genetic scientist so he tests the baby's DNA structure and finds what he believes is a "Gay Gene" in the baby. The father and mother debate about getting an abortion, because as the father says something like, "Just look at your brother, he is gay and his life is hell." This is a cool movie. The gay character in the movie is played by that blond guy who makes those South Park animated middle fingers at society. *Twilight Of The Goldbergs* is a real good movie.

**GI JANE** - What an awful movie. It was so bad I had to review it. GI Jane starts out interesting, as one woman's struggle to be accepted as an equal in the military and all the politics around it, which is the only good part of the movie, all the bullshit that surrounds this one woman in the military. Then the end of the movie falls to challenge the system any more, as the girl is sent into a combat situation, a covert operation in Libya where she proves that she can take orders from the hierarchy and kill innocent non-americans just as good as the rest of the boys can. It's got the gross feel good ending where the tough drill sergeant gives her the thumbs up and accepts her as equal, they don't ruin the feel good ending by showing the grieving families of the murdered Lybians - but oh well, they're not Americans so they don't matter anyway, right? I guess the one good thing about this movie is that it gives an example of what it would be like if women were allowed total equality within our ideological system, they could be allowed to murder and plunder alongside the men in our glorious capitalist system. Women in the military aren't women anymore, and men in the military aren't really men, people who do whatever a person ranked above them do are not really humans, they are programmed robots. Once the young humans have been taken into the military and programmed to perform some task, it doesn't matter what's between their legs or in their glands. They have been made into organic machines to serve the will of a small minority of people who control the hierarchy.

**WEBSHITS** - [sexpositive.com](http://sexpositive.com) - This website has an amazing catalog of on-line texts relating to sex positive culture and theory. Check it out and learn something new! [jeanshaves.com](http://jeanshaves.com) - This website is done by a girl with a lot of good information to share, lots of girl focused information and a comprehensive list of herbal remedies for sickness. [planetout.com](http://planetout.com) - A mainstream website with lots of resources for Gay, Lesbian, Bisexual, and Transgendered people. [birdsandbees.org](http://birdsandbees.org) - "This website is dedicated to all who seek information needed to make informed decisions about sexual and reproductive health." Lots of info!



ARTICLE BY: LAUREL

All this happens within a couple days of starting to take the tea or juice, so if you aren't helped within four days, you don't have the kind of infection that can be helped by making things more acidic. Try taking immune system stimulants like echinacea, red cedar, yerba mansa, etc., and soothing herbs like marshmallow and bidders. This other approach is better for guys, too. They have different metabolisms, and when they get UT infections, the bacteria tend to be more adapted to acidic environments.

Constant movement and constant chaos take up much of the rebel girl's time. From the backwoods to the trainyard to the urban jungle camp, it's hard for a gal to keep clean and healthy. Stress and poor nutrition (or near-starvation) combined with the lack of showers bring on a variety of problems. Add in the unhealthy aspects of a healthy sex drive and the problems increase... Luckily, the solutions can be just as low-tech and cheap as the weeds around you.

Here are some common ailments of the Sisters of the Road, and some of the better treatments. I don't have experience with all of them (thank goddess) but I'll list what I've heard works:

**CYSTITIS:** This one I do know firsthand. Having to pee, not being able to pee, dreading even *trying* to pee because every droplet burns... you probably know the feeling too. Infections of the urinary tract (fancy name: cystitis) are easy to get. They are caused by bacteria squatting in the "pipeline" that brings pee out of your bladder (that's the fancy name for pipeline). If you don't treat it, the infection can move up to your bladder or kidneys and become life-threatening.

To avoid infections, try to keep clean. Swim naked every chance you get. Wear cotton underwear or don't wear any. Wipe from front to back. If you're an active gal try to make sure you and your partner have clean hands, and ALWAYS ALWAYS pee after sex. This helps force any bacteria that may have found their way up there right back out. Diet is important, too. Pee is usually acidic enough to kill off most bacteria. Any big change in diet, especially bingeing on white flour, sugar, coffee, or even healthy greens can change the pH balance of your pee and give bacteria a chance to grow.

If you've already got an infection, don't just suffer through it. Take care of it soon. Drinking cranberry juice, as much as you can hold, is a good cure. I've heard that it doesn't really make a difference, cure-wise, if it's sweetened or not. Unsweetened is much healthier but if you can't get it down, sweetened is ok. For an even more natural cure try tea made from Manzanita or Madrone leaves (a cup of tea up to four times a day).

Manzanita is harsher and shouldn't be used for more than four days, and not at all if you're pregnant. Madrone can be used for up to six days and still should be avoided by women in the last trimester of pregnancy. Both the juice and the herbs work in pretty much the same way. They acidify your pee, making it harder for bacteria to live there, and also contain a plant chemical called arbutin that turns into an antimicrobial when your body processes it. You excrete the antimicrobial, called hydroquinone, into your pee, so it directly attacks the infection. Pretty cool, huh?



# A Boy's Perspective From Behind The Penis

(First printed in MRR #205)

**Birth** On November 15th, 1997 my daughter was born. Nine months earlier I was trying to convince the mother not to have the baby, I knew I wasn't ready to be a father. I was doing good just to take care of myself. I was also pissed off because the mother had told me she was sterile and that we didn't have to use condoms. I felt like I had been tricked by this girl into going down a path in life that I didn't want to go down yet. I thought it wasn't fair to the kid either, since all my relationships lasted a year or two at longest, how could I just assume that I would stay with the mother for the next 18 years until the child was old enough to go out on their own?

When my daughter, India Autumn, was born I looked her in the eyes and she held onto my finger, I was crying. I knew that I loved her in a way I had loved no other. I was happy to have a daughter.

It wasn't easy this. The past plagued her mother and I the couple nights I had sexual encounters with other girls while we were together and poverty turned us against each other. During the next year my relationship with the mother steadily declined. We separated and found places to live. I loved watching my daughter three days a week. While her mother was at work and out with her friends. The constant abuse I got from the mother on a daily basis was really fucking with my head. But how could I leave and never see the woman again, as I would like, since that would mean I could never see the daughter I love? I desperately wanted to leave that town, I was rotting away there, except for the time I spent alone with my daughter.

## Separation

Then one day a girl came to town and kissed me on New Years Eve, she asked me to go travel with her. I liked her a lot, I knew I had to go. As much as I wanted to stay where my daughter was, I knew it wouldn't be any good for her to grow up seeing two parents constantly at each other's throats.

I left and now I live in another state far away. I think the mother would probably call the police if I showed up now, try to have me arrested for failure to pay child support. Even tho I've been homeless and broke most of the time. That's the point of why I left, she told me there was a warrant for my arrest and she had told the pigs the address where I lived.

I miss my daughter and it's difficult having once been a father, caring for this girl, and then to loose that. I know that when she's older that I will contact her and try to spend time with her and help her thru that part of her life, if she will let me be a part of it. Right now I am excluded. The mother would prefer that I stayed out of their lives completely, and because I am a poor ass punk I really don't have any legal leverage. Now my daughter is being raised by a woman who said she was "just pretending" to believe in punk ideals, she wears fancy clothes, acts pretentious, and talks about working for the CIA. I have to live with the fact that my daughter is being raised by a woman who said she was "just pretending" to believe in punk ideals, she wears fancy clothes, acts pretentious, and talks about working for the CIA. I have to live with the fact that my daughter is being raised by a woman who said she was "just pretending" to believe in punk ideals, she wears fancy clothes, acts pretentious, and talks about working for the CIA.

Jesus Christ, and that he's probably putting that fucked up shit into her head. It makes me cry. Sometimes I think about what I would do if I ever found out that my daughter had been hurt or molested by that guy. I would probably end up depending the rest of my life in prison if they caught me afterwards. Sometimes it all just hits me and I can't cry, just thinking about how fucked up it is and how I am responsible for that little girl and how she is so far out of my reach. Then I stand back up and try to go on with my life.

This is what you should think about before having sex without using contraception. Think about it before you fuck. Heterosexual boys, this means you: if you don't want children you better wear condoms. That sperm that shoots out your cock, that's your responsibility, it is under your control. Be wise, be cautious, if your partner doesn't want you to wear condoms when you have sex with her, I suggest you think about her motivations, and find a partner who respects your desire not to have children. I know it feels better without a condom, but do you think

or get a fever, chills, or nausea, the infection may have moved up and you should go see a "real" (medical system) doctor immediately.

**YEAST INFECTIONS / CANDIDA:** The yeast that comes when Candida albicans, a fungus that is normally present in our bodies, gets out of control. Symptoms are the infamous itching, irritation, burning, and usually a white discharge.

Diet is very important in avoiding and treating yeast infections. Avoid sugar, including natural sweeteners like fruit sugar and honey. Try to cut back on carbohydrates (like bread and ramen noodles) and balance them out with protein (beans, meats, and more beans). Avoid products that contain yeast - like most breads, and beer. Alcohol turns into sugar in your body, so there's two reasons for avoiding beer, at least while you're treating an infection.

Birth control pills make you very susceptible to the yeasts. They upset the acidity of your vagina, helping bacteria grow. They make your body store sugar. And they raise your estrogen levels, which causes the cells of the uterine lining to make glycogen (sugar). Yet another reason to get off of them. Lots of women get yeast infections when they're on antibiotics, which makes sense because they totally throw off your natural balance. Pregnancy, diabetes, even harsh soaps can bring on the itching.

Looking at the underlying cause is really important - otherwise whatever else you do will just be a temporary fix. Once you've got that down you can work on fighting the infection. Again, start drinking cranberry juice - unsweetened if you can. Take some form of lactic acidophilus acidophilus, either in soy yogurt or as pills or liquid. Put lots of it into your vagina for quick relief. The idea here is to get back a balance of the tiny creatures that live in you, and it really works.

Antifungal herbs are very helpful. Garlic is one of the best. You can use it directly by dipping a piece in olive oil, wrapping it in cheesecloth, and sticking it up there like a tampon. Replace it every 12 hours. Make SURE that the clove has NOT been nicked or cut. If it's whole, the olive oil should keep it from burning. Stop using it if it does irritate things. You can wash or douche with tea made from White Sage, Red Cedar, Oregon Grape, or cultivated Goldenseal (not wildcrafted - it's getting rare). Drink the tea too. Don't worry if the discharge increases after using the herbs. Your body needs to cleanse out the infection. If it increases and doesn't get better, try something else.

infection without symptoms and keep passing it back to you. It's important to treat them too. •They should drink cranberry juice and wash their penises with the antifungal tea, or with a solution of vinegar and water. If they can, they should wash just before having sex.

It's possible to get a yeast infection in your mouth and throat, called Oral Thrush. It can be triggered by oral sex with an infected partner but is pretty common anyway, especially in children and babies. The same treatment information applies, except of course you should eat the garlic and not stick it up your cooch, ect..

If you are having constant reinfections along with a general feeling of tiredness, you might have a bigger problem. Long term lifestyle imbalance (living off of dumpstered bread, or drinking lots of beer) can make the fungus go out of whack all through your body, giving you basically a huge yeast infection throughout your whole system. This condition is called Candidiasis or just Candida. It took you a long time to get out of balance, and it takes a long time to get back - at least two years of careful attention to diet. Women with serious candida avoid all wheat and most sweeteners and try to cut back on the stress in their lives. If you suspect this may be your problem, see a trusted herbalist/women's health specialist and they can give you better information.

## a renoxious sidenote via shyla @wn:

If you are susceptible to yeast infections a way to help prevent them may be as follows:  
If your partner has been drinking beer especially unfiltered or homebrew, yeast could be transferred if you engage in oral sex - make sure they brush their teeth!

that sex will be worth the rest of your life raising a child, or burdened with the fact that you abandoned your child to the unknown?  
Never assume your female partner will always feel just like you feel about having children. She may change her mind once pregnant and the hormones are flowing. That's the reality of it, it's happened to me. If you don't want to have kids it's your responsibility to do everything you can to keep that from happening.

**Abortion** I was irresponsible while on the road with this girl I love. While squatting we got pregnant. We didn't find out for sure until she got a month later. She felt a strong desire to keep the baby, but she also had a strong desire not to head down a road we weren't ready for. She hadn't found out she was pregnant until several weeks later, we had been travelling and she had been drinking liquor a lot that month. Recognizing that it was not the right time to have a baby, we decided to have an abortion.

Soon after the abortion my partner felt some regret and worried about the effect of it all on her body. I felt some regret too, but I knew it was right for us and the world too. A neglected child is one thing the world doesn't need more of.

Almost a year later now she feels the effects it had on her body have finally worn off. That's a long time to affect someone's body. Boys, this long term effect on the girl is your responsibility too. Realize the possible affects of your careless participation in girl/boy sex.

**Safe Sex** If you're not trying to get pregnant, ya should wear a condom. If you don't have the money to buy condoms, you can almost always get free ones at Planned Parenthood clinics. If you don't have a condom, do something else with your partner. Oral sex, grind your thigh in her crotch, slide your dick on her skin, masturbate together, masturbate while the other one is doing a strip-tease or gives you a lap dance. Watch a porn





**OTHER FUNKY VAGINITIS** - Vaginitis is a general term for all that burns, leaks, and itches. Some forms are sexually transmitted, others happen when your lifestyle's out of balance. Most are caused by different kinds of unidentified bacteria, but the same treatment applies for all of them. Try the garlic "tampon" from the Yeast section. Drink and wash with Echinacea, Oregon Grape, White Sage, cultivated Goldenseal, Red Cedar, and/or Yerba

Mansa tea (or tincture diluted in water). Watch your diet, try not to stress out for a while, swim or bathe or shower often, and don't wear tight or synthetic-fiber underwear.

If you don't see any improvement within a week, go to a clinic or doctor to get a sure diagnosis. Sexually transmitted forms of vaginitis (like trichomoniasis, which often travels along with gonorrhea) can be dangerous, and these low-tech remedies don't always cure them. These herbs will work within two weeks, if they're gonna work at all. Continuing to use the same herbs any longer than that without seeing results is futile and could even damage your health.

**HERPES** - I'm not really gonna go into the STDs, since most of them really do require the heavy-duty warfare of industrial medicine. But herpes (caused by a virus, Herpes Simplex II) has no cure yet, and can be treated pretty effectively ourselves.

The virus is sexually transmitted, and once you have it you pretty much have it for life.

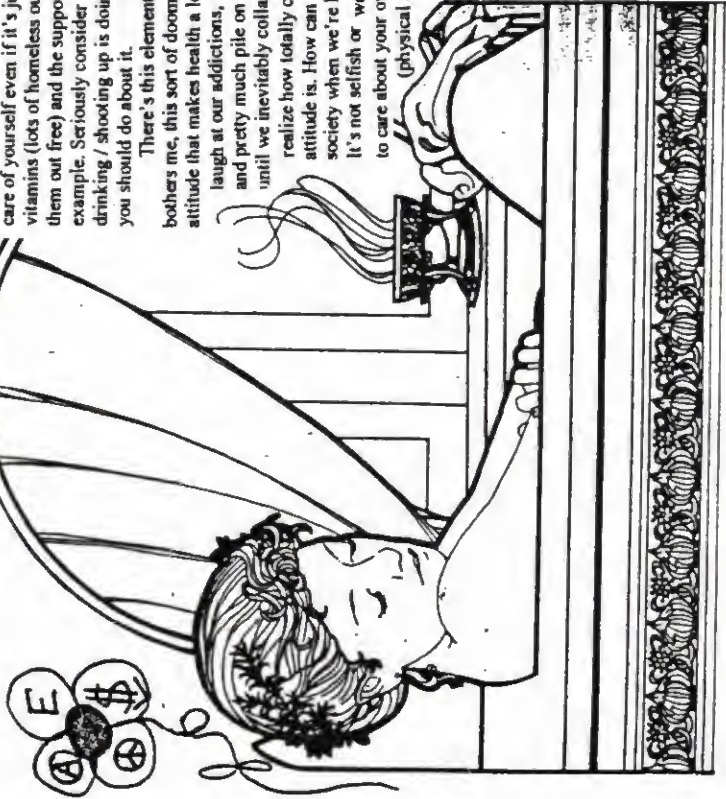
The symptoms - sores in or around your vagina or your partner's penis - come and go, and with certain lifestyle changes you can keep them mostly gone. The sores usually appear when you're really stressed out, malnourished, drinking a lot of coffee, etc. Try to relax. Eat well or take vitamins. Avoid caffeine, chocolate, nuts, sugar, and alcohol. Potatoes contain lysine which is supposed to suppress outbreaks so fry them up or take a lysine supplement.

When you're having an outbreak, you can pass the virus on to your partner. Don't have any contact between the sores and any part of him/herself that is not covered in latex. Wash the sores with tea made from Oregon Grape root or cultivated Goldenseal. Put clay on the sores and let it dry out. Stay naked as much as you can. If you are having a lot of outbreaks, your immune system needs support. Take Echinacea, Red Cedar, etc. Eat garlic. Look for things that trigger outbreaks, and try to avoid them.

OK, this article is already way longer than I meant it to be, but I'm still gonna rant. There're a lot of other problems that come out of an imbalanced lifestyle. The best thing you can do is to get back in balance somehow. A diet with lots of whole grains (millet is good, it cooks faster than rice and is pretty cheap), beans, veggies, and fruit will keep you healthy and help you avoid big health problems later on. Realistically, I know, it's hard to eat well on the road.

Travelling also takes a lot out of you emotionally. Make sure you're taking care of yourself even if it's just in small ways - vitamins (lots of homeless outreach places give them out free) and the support of friends, for example. Seriously consider what smoking/drinking/shooting up is doing to you and what you should do about it.

There's this element to our culture that bothers me, this sort of doomed irresponsible attitude that makes health a low priority. We laugh at our addictions, ignore our infections, and pretty much pile on trauma after trauma until we inevitably collapse. I've just started to realize how totally counterproductive that attitude is. How can we create a better society when we're killing ourselves? It's not selfish or weak or whatever to care about your own health (physical and emotional). It should be the first step towards healing the world.



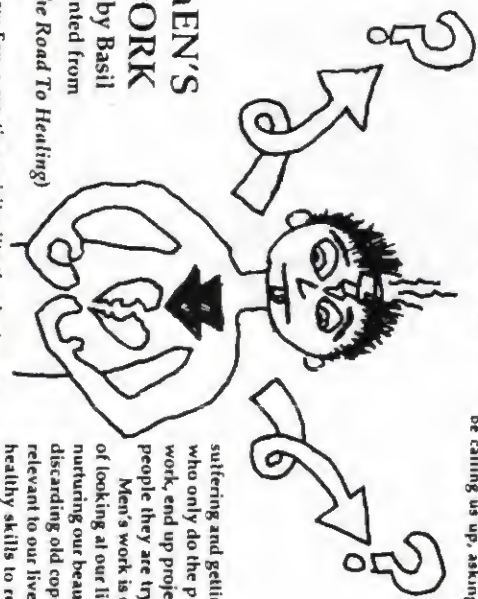
increase our participation in the capitalist system. We also live with a two year old boy and his mother, and we spend some time with him and try to help out, as people do in tribal situations. When the boy's mother needs a hand, we help her. Sometimes we watch the boy while she's at work. The kid is always wanting to come up into the big attic where we live to watch us make home brew beer, or give camp to the kittens, or jump on the bed. We take him ice skating or sledding, make food with him, read stories until he falls asleep. When he grabs the cats violently we stop him and explain why that is wrong. When his mother is out of energy and we are there for him to bounce into, then he is getting more of the social experience that he needs. Instead of experiencing an overworked and grumpy mom, or getting sat down in front of the television, he is getting what he deserves: love and attention from other humans.

Instead of bringing more children into the world that won't get all the physical and emotional support they need, I like the idea of helping out the children who are already here.

It's good for us big kids too. As I play with our little 2 year old room mate I think about my daughter India, and I do hope that lots of loving people are playing with her and teaching her their perspectives, just like I am with this boy. I love this little boy. I look at him and I think about when he'll be a teenager, and maybe then he'll still be calling us up, asking to come hang out and talk.

# MEN'S WORK

by Basil  
(reprinted from  
On The Road To Healing)



Matthew Fox, a creation spiritually theologian, in his book *The Reinvention of Work*, says, "There are three types of work, inner work, outer work, and the work you do to bring the two together." These three types of work relate to many facets of life. Inner work is the work we do on ourselves. This type of work can be to increase our self-awareness. Outer work is the work we do with our families, friends, and communities, the people outside of ourselves. The work we do to bring these two together is the link between our inner and outer work.

Another version of these terms *inner* and *outer* is our *public* and *private* sphere. I've seen many men do work in their public sphere, but leave their private sphere unkept and falling apart. It is important that we work within our public and private sphere when we do any kind of emotional, physical, or spiritual work. Otherwise we follow the patterns of many hurt men in this society - having good relationships at work and painful, lonely relationships with the people we share our homes with.

Doing men's work is no different. It is important for us to do the work on ourselves as well as go into the community. We can not work effectively at a domestic violence shelter if our inner self is

suffering and getting no attention. Many people who only do the public work, without the private work, end up projecting their own feelings on the people they are trying to work with.

Men's work is our inner work. This is the process of looking at our lives, healing from our hurts, and nurturing our beauty. This is the process of discarding old coping skills that are no longer relevant to our lives anymore and developing new healthy skills to replace them. This is about knowing ourselves fully and accepting our lives, taking responsibility for our actions and directing our lives where we want to be headed.

Men's work is outer work. This is the work we do with our friends, family, and communities. This is building healthy relationships and healing hurt relationships. This is working with or donating to community programs that work against violence. This is saying no to sexism around and within us, and trying to challenge sexism in the society we live in. This is learning to understand how sexism connects with all other social issues and working to bridge the gaps between our privilege and oppressions and to make these connections in the world around us.

The work of bringing these two worlds, inner and outer, together is about sharing our personal work with others and learning from the work we do in our communities and bringing it back into our own lives. This is the link between ourselves and the rest of the world.

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shyla ann's educational, sale, and

# sexy book list for 2000

(1 read most of theses in the last year)  
 (1 really like them and recommended read  
 ing them if you're interested in any of  
 the stuff in this zine or in gender and  
 sex studies, communities, businesses, etc.)

GLOBAL SEX WORKERS  
 KAMAILA KEMPADOO & JO DOEZEMA

THE JUSTY LADY  
 ERIKA LANGLEY

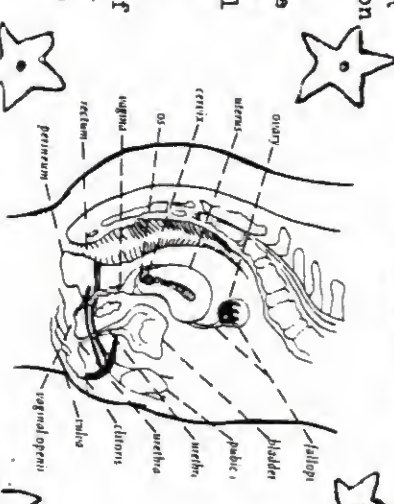
## sex education/ body information:

CUNT COLORING BOOK  
 TEE CORINNE

WOMAN'S BODY:  
 A MANUAL FOR LIFE  
 DR. MIRIAM STOPARD

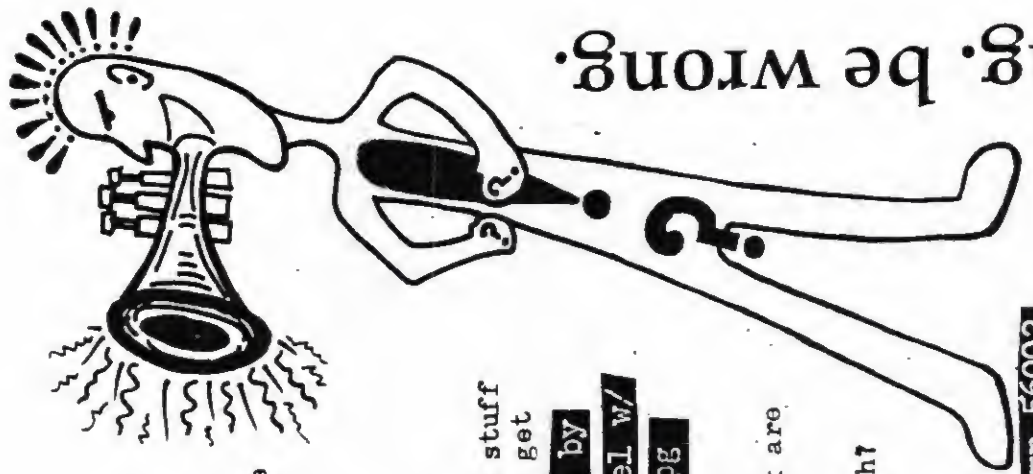
TAKE BACK YOUR LIFE (zine)  
 ALICIA NON & PAUL

more wonderful stuff  
 \$1 PROFANE EXISTENCE  
 (since they distanced and  
 reformed I am not sure if they  
 still carry this or not & I'm  
 not sure what the address is.)  
 Anatomically Correct



great, great, great, stuff done  
 well and confidently. ISABELLE  
 GAUTHIER has a degree in herbal  
 therapy and is a practitioner.  
 LISA VINEBUD also uses herbal  
 therapy on herself and others.  
 again great, great, great stuff  
 \$3 hot pantz CP 871, Succ. C  
 Montreal, qc, Canada H2L 4L6

## EXIT



Contact us for  
 anything. Send us letters, comments,  
 pictures, drawings, submissions of any  
 kind. Many thanks to Shyla Ann for  
 being my favorite and most helpful  
 critic.

GIRL-BOY bulk orders are like  
 like this: \$1.50 each plus  
 postage, so 5 zines is \$10,  
 postage paid. 10 zines is  
 \$18. For a single copy of  
 this zine, send \$3 and your  
 return address!

If you want to read more stuff  
 that I've written, you can get

**THE FALL OF AMERICA** by  
**robnoxious**, punk novel w/  
**hand scr cover, 128pg**  
**\$2** postage paid.

Bulk rates for this book are  
 5 for \$7, 10 for \$13.

A good deal, eh?

thank you for reading,

**-robnoxious-**

**p.o. box 743** **mankato, mn 56002**  
**therobnoxious@hotmail.com**

*girl-boy* is available in da flesh at Ernie November's  
 Record Store on 627 South Front St. in Mankato, and in  
 Minneapolis at the Arise! Bookstore Collective.

*girl-boy* is available by mail worldwide thru the  
 following zine & book distributors:

Tree Of Knowledge Press P.O.Box 251766, Little Rock, Arkansas 72225.  
 E-mail: treeofknowledgepress@yahoo.com  
 Stickfigure P.O.Box 55462, Atlanta, Georgia 30308.  
 E-mail: stickfigure@phyte.com Web page: www.stickfiguredistro.com

Left Bank Distribution, 1004 Turner Way East, Seattle, Washington 98112.  
 E-mail: leftbankbooks@leftbankbooks.com Web page: www.leftbankbooks.com

Contact them and ask for a catalog!



## sexy stories:

HEROTICA  
SUSIE BRIGHT

SEX TOY TALES  
ANNE SEMANS & CATHY WINKS eds.

FIRST PERSON SEXUAL:  
WOMEN & MEN WRITE ABOUT SELF-PLEASURING  
JOANI BLANK ed.

TALES FROM THE CLIT  
CHERIE MATRIX ed.

GOING DOWN:  
LIP SERVICE FROM GREAT WRITERS



## aphrodisiac cook book:

INTER COURSES  
MARTHA HOPKINS & RANDALL LOCKRIDGE  
(there's history, recipes, and more!)

## gender/sexuality stories and studies:

POMSEXUALS: CHALLENGING ASSUMPTIONS ABOUT  
GENDER AND SEXUALITY.  
CAROL QUEEN & LAWRENCE SCHIMMEL (INTRO. KATE BORNSTEIN)

I am shameless in my admiration for carol queen.  
her and lawrence shimel have done other interesting  
boundary busting work together & i recommend  
checking it out.

THE LAST TIME I WORE A DRESS  
DAPHNE SHALINSKI

this biography will knock your socks off.  
institutionalization due to "gender identity disorder"  
amazing insight into genderizing and capitalization  
at the expense of teenagers. amazing amazing amazing.  
(p.s. we are hoping to do an interview with the  
author for the next issue)

THE HISTORY OF SEXUALITY  
MICHEL FOUCAULT

philosophical look at the history and creation of  
sexuality and desire. blew my mind. wonderful.

SLUT!  
LEORA TANENBAUM  
"growing up female with  
a bad reputation."

